Rituals
Of
Happy Soul

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Rituals Of Happy Soul
by
Deepanshu Giri

www.lunarastro.com

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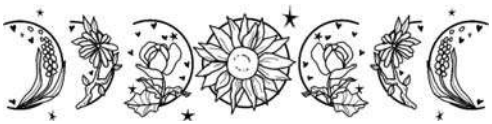
The Best Part of Believing in Magic
is
IT HAPPENS



Secret of Energy- Everything around us has energy even when you are reading this book. This book also has energy, as a result of which the moment you start reading this you will experience the energy of trance. You will feel the energy of joy, which will make you feel like dancing as this was the energy I felt while writing this book.

There are so many things which are inexplicable and will happen to you while reading this book. Each time you pick up this book an unexpected call or a knock on the door or something very unusal will happen. This is because the moment you start reading this book, your thoughts and vibrations are going to attract energy towards you.

There is energy around you which will let you feel its presence by the breaking of certain objects or electrical gadgets suddenly malfunctioning, All this is nothing but energy trying to communicate with you to make sure you feel the presence of all visible and invisible beings. Instead of being afraid, communicate with energy and let the universe know that you are open to learning this magic. Raise both your hands several times in the air while reading and you will feel the bliss.

If things are normal with you and you don't see unexpected things happening to you by the end of the book then email me and say that magic doesn't work for you and I will accept it. But since I know how powerful energy is, email me your experiences on happyrituals108@gmail.com or on my Facebook page or on Lunar Astro.

This may be new to some of you but don't be afraid. Energy

is there to help you grow in life so that you can feel the bliss of the universe. I always write books during the period between Mahashivratri and Holi when the universe is charged up with so many vibrations. I feel that the cosmos is pouring nectar on earth. I wish to pass on the same energy to all of you so that you can experience the power of the universe.

RITUALS OF A HAPPY SOUL
-
NOT A SPIRITUAL BOOK

Warning:

This is not a spiritual book as I am far away from spirituality of any kind. Spirituality asks you to accept situations as they come and not react to any situation. Spirituality is what Buddha preaches to become one with nature by mastering the art of ignoring the problems in life.

This is a book to awaken the hidden energy inside you so that you can overcome all your problems and enjoy success in this life. This is a book which teaches you the magic of the universe which lies within you. It is only a disbelief inside you that has made you stop believing in magic. Your brain has been programmed to limit your capabilities so you forget your true worth.

The book contains several rituals of energy which have no relation to religion of any kind. Religion binds you by rules. Religion is always overtaken by fanatics for their own benefit, leaving no scope for free thinking. This is the main

reason for the downfall of a religion in any society. This is a book of universal science, which we were supposed to learn while growing up. But this knowledge was suppressed so that other agendas could be promoted for the benefit of a few powerful people. While working with several nationalities on a ship and getting to know about the cultural backgrounds of other people, it was apparent that all the rituals were done with the same intention although the process may vary in different countries.

In India when a child is sick, the grandmother performs a small ritual to ward off any negative energy which has attacked the child. My Egyptian friend Maged al-Hosny used to do the same thing with our submarine when it would breakdown. It worked like magic! In fact in both countries this is called 'Nazar' or evil eye.

In India when I used to enter my home, my wife used to pour some oil on the side of the door to take away any negative energy that I could be carrying with me. Similarly, when I used to leave my office in Tehran, a wonderful lady would pour some water on me and my bag and recite an ayat to make my journey smooth and easy like water.

The whole purpose of rituals is to make your life more comfortable and easier by getting an abundance of energy from the universe. It is to make you more powerful and take care of any negative energy which is coming in your way. All the

rituals we see in any religion were made for the kings. A king had to stay in power and his decisions affected the whole country so it was very important for kings to keep performing rituals.

This is a book about rituals which will not only give you clear instructions as to how to manage your energy but also how to connect to a source of unlimited energy from the universe.

This is a book about rituals which will not only give you clear instructions as to how to manage your energy but also how to connect to a source of unlimited energy from the universe.

Chapter - 1

I AM STUCK

I receive a lot of emails every day from different people asking for guidance and help, one of the common phrases I keep hearing is 'I am Stuck' - I am stuck in a bad job, I am stuck in a marriage, I am stuck with bad health or whatever the condition may be. But this is a common term, which I get to read every day in my emails. No one is paying attention to why they are stuck.

At any point of time when you are stuck in your life, it is because of lack of energy in life. Imagine a car trying to go through rough terrain and where there is a muddy patch the car gets stuck.The car owner runs around in the jungle blaming everyone else and saying that he is stuck there since the past ten hours due to the muddy patch. He needs to realise that the problem is not the bad terrain but the low power of his car. The same patch can easily be conquered by a 4x4 truck as it has more power than the small car.

Similarly, problems in our life appear bigger when you are running low on energy. When you gain enough energy any problem in life appears smaller. It is only because of your personal disconnect from energy that you are unable to handle the rough patches and get stuck in life. Problems in

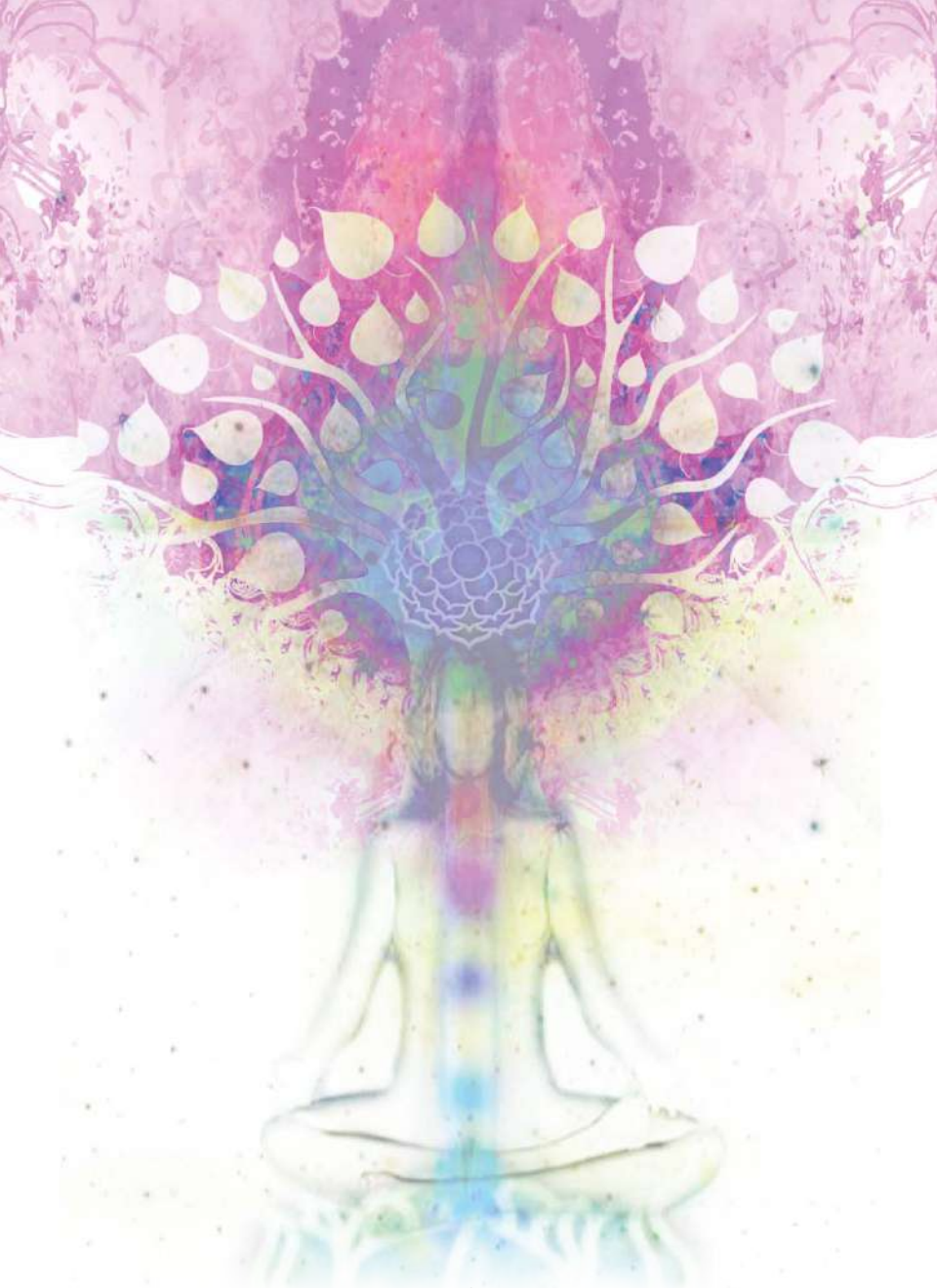
life will never end so it is better to make yourself more powerful. You don't fall sick because of a virus as viruses are always present inside. It is only when your immunity is low that the virus is able to make you fall sick. This is the principle of energy in life.

It all started when I witnessed magic in real life. I had this experience when I was trying to decode several principles of astrology. Astrology is like a data science written 5000 years ago to solve human problems. It is like a planet x at a particular position in the sky will produce following results. It was very fascinating but I wanted to go deeper into the subject.
I was running from pole to pole searching for someone who could explain to me what I was searching for. Finally it came to a point where I realised that no one was interested in learning the secrets of the cosmos. No one was questioning themselves, so I started questioning myself and instead of searching for answers outside and asking different people, I turned inwards and started looking for answers within.Thereafter, I started getting answers via an energy burst. What I mean by an energy burst is that I was attracting a lot of energies and things were inexplicable. In the beginning it was fascinating and then it came to a point when magic was a normal daily routine.

It was like giviing eyesight to a blind person. I am writing this book so that each of you can experience the magic which this universe holds around you. You are ignoring this magic every day. Nature only gives us the energy which our body can handle. You need a body like a yogi's to handle energy directly entering into the crown chakra.The headache is so bad that no medicine can work on it until and unless

your body absorbs it. That is why some people vomit or go to sleep just to absorb the energy.

Imagine if 4000 volts go into a circuit of 200 volts, a short circuit will happen. There is a picture of a yogi sitting under a tree with a spirit connection from his crown chakra to the top. For yogis it is fine but if you are not elevated in terms of energy, please don't try this.



After I started experiencing so many subtle forms of energy while dealing with astrology, I started sharing some of the experiences via my blog, youtube channel and facebook. I realised that I was not the only one who was getting the energy burst from the sky. Similar experiences were happening with other people. One of the reasons that subscribers were so connected with us was that I was sharing something which everyone could see happening in their daily lives. And even if they weren't, then when people tried some simple energy manifestation exercises, they could see the results on their own.

This is a process of energy which cannot be explained to anyone. How it feels when you place your tongue on a 9v battery cannot be explained to someone until they experience the current in their own body. You will never be able to make them feel the same expereince.

I will explain about the process in detail in the book. As we progress through the chapters, you should try every single technique mentioned in the book. It is a process and if anyone follows it, in the end the result will be the same. You will be able to feel the bliss in your inner core.

Chapter - 2

WHY I AM WRITING THIS

I am writing this book based on my practical experience of healing several clients and their testimony. It is about how using the energy of ragas I experienced healing, and how I was able to decode several mysteries of jyotish by experiencing domains and realms of the other world. I am introducing you to the energy realm of the universe. By following the step-by-step guide, you will be able to raise your energy levels to a point when you can see the magic happening in your life.

Everything around you are a form of energy and it can be a positive energy or a negative energy depending on what you are attracting by different means. We will discuss forms of energy by giving you an introduction to various forms without using complicated words or processes. The purpose of this book is to let you experience the energy of different realms.

Let me give you a practical example of Dr Subroo Charakborty of Kolkata, India. One morning, I saw a post in our group of Dr Subroo explaining how he is suffering from unbearable pain due to a disease called Meniere's disease. He is unable to drive because of vertigo and vomiting since

the last ten years. As I was reading this, I could feel the pain in his words. I wondered why a human being has to suffer like this and be in such a bad condition especially since he was a doctor who must be serving so many people in the world.

Given below are his credentials, as when he first asked for help in the group, a lot of people commented that he should go to a good doctor. But then he explained how he himself was a doctor and there was no cure for this disease in medical science anywhere in the world.

Dr Subhroo Chakrabborty (Subhro Chakraborty)
MBBS MD Medicine
DM Cardiology
AFESC (Associate Fellow of European Society of Cardiology)
Assistant Professor in Cardiology
North Bengal Medical College, Siliguri

I recommended a simple remedy to him. I asked him to fast on a particular moon cycle and told him to recite particular hymns and to get back to me with his feedback. After a few weeks this is the feedback he came up with on the facebook link to the original message.

https://www.facebook.com/groups/lunarastro/posts/1059286744648171/

'Gratitude and Unique Remedy success by Shri Deepanshu Giri:
Namaskar everyone. I am sharing a real life experience of

mine. My name is Dr Subhro Chakraborty, male, 46 years old. I am a Cardiologist (MBBS, MD Med, DM Cardiology) in Kolkata.The reason I have disclosed my professional degree is to tell you that I did all the degrees of medical science in India and am well versed with medicine.

I am a generally unhealthy person with multiple health issues from the second decade of my life and I have consulted many astrologers. I have tried remedies for my health issues. Some worked partially, some did not. I am suffering from a disease known as Meniere's disease of left ear for the last ten years that has made my life hell. This usually manifests as loud sound in one ear (tinnitus), ear fullness, severe vertigo with recurrent vomiting and fall attack. Medical science only has some symptomatic treatment for this. Believe me, I have tried everything, being a doctor with a lot of contacts here and even abroad but there was no satisfactory solution. I couldn't drive due to fear, hearing loss and my life is gradually becoming hell. Last November, I have put a post in the Lunar Astro group. Shri Deepanshu Giri has seen my problem and suggested a simple remedy ... initially without seeing my chart and later on after seeing my chart. The remedy worked like blessings in my life... I started doing it with full belief and gradually got relief from chronic tinnitus and vertigo... my medicines for Meniere's disease were almost off!

How can I thank Shri Deepanshu Giri who did a free reading in a group post and helped me to get rid of my most distressing problem... Please remember guys, some of the things we need to suffer for is our karma phal so I have asked about this which is bothering me the most! The link

of my previous post is given here:

https://www.facebook.com/groups/lunarastro/permalink/1016956868881159/
I express my deep gratitude to Shri Deepanshu Giri (my healer, my guru) and all of the Lunar Astro faculty members, I love u all.
Hare Krishna, Hare Krishna, Krishna Krishna Hare Hare, Hare Ram, Hare Ram, Ram Ram, Hare Hare.
Dr Subhroo Chakrabborty (Subhro Chakraborty)
MBBS MD Medicine
DM Cardiology
AFESC (Associate Fellow of Euroean Society of Cardiology)
Assistant Professor in Cardiology
North Bengal Medical College, Siliguri
Residence: Kolkata
(My disclosures are given to show that I know modern medical science still I got immensely benefitted by the remedy of Akadasi fast). '

What do you think has happened in the case above? Do I have a magic wand like Harry Potter or a crystal ball or a magic mirror? I was able to pull something off which medical science was not able to even in ten years. The person got relief by simple fasting. The only thing I initiated here was that I identified the problem and told him to connect with the energy source of the universe so that he could heal himself. On the 11th lunar day the energy is of healing and on an empty stomach energy can move with least resistance in the body to heal diseases.

We will discuss fasting in detail in a separate chapter but my aim is to make you heal. Like Dr Chakraborty there will be many of you who may be taking medicines and still living in pain. I want you to understand that the universe wants you to heal but it is only you who is not connecting yourself to the energy source.

The purpose of this book is to let several millions of you out there heal yourselves by using the energy of the universe. As these are self-instructing methods, you will be able to get results from day one and start a new journey of your life. You will experience things which you have kept hidden so deep in your body that it has started to come out in the physical form of diabetes, OCD, autism, hormonal imbalance, depression, anger, etc.

In this book, we will start by identifying the issues and then gradually move on to how we can heal ourselves so that we become the best version of ourselves.. This book will help you to become happy, compassionate and content in life. Once you achieve this, you will realise how much you can achieve by being the true happy version of yourself.

Any form of problem you have in your life at any moment is due to six types of enemies as explained in the Vedas- Shadripus – which translates to six enemies. These six enemies live within us, creating trouble at various levels in our body. It will start with small issues on the mental plane and later on it will manifest to physical deformity and pain in our lives.

There are very few people who understand that the real cause of their suffering is within them. No one else can make

you feel miserable or happy until and unless your inner core decides to. We feel happy or sad by looking at a certain place or feel miserable by someone's words. Those words remind us of memories that are not resolved completely and cause us anger and pain. For instance, when you look at your ex-boss or ex-spouse in public and have some unresolved feelings, you will not feel comfortable with this interaction as they are reminding you of that pain that is still inside you.

When you see a person who is rude to everyone and always on edge and ready to burst into anger with anyone, at any time, this person is not disappointed with you. In fact this person is disappointed with himself. His own shortcomings are coming out in the form of anger towards other people.

It is always shortcomings and unresolved issues within us and the need to address any pain which we keep on storing, There are things which we want to say to our spouse, parents, in-laws, boss and all those people who have hurt us, but we have kept them stored in our heart and then we forget about it. Remember the pain is still inside and it will come back in some other form which we might not be aware of.

I am writing this book to make sure you address your pain in the right manner. By healing yourself you become the best version of yourself. In life when you operate with a completely happy state of mind there is no one better than you. During my consultations, I have felt the pain of several people who were not able to fix themselves after damage from loved ones or not able to recover due to broken dreams. This book is an attempt to give relief to each one of them.

Attracting Energies

We all attract different people in our lives as we continuously radiate energy. Look around yourself carefully. Where you are sitting and whatever condition, good or bad, you are in at present in your life is a result of your energy and of what you have attracted and allowed in your life. If we can attract different people in our lives, how much and how quickly can it work? You are the biggest transmitter to radiate energy 24/7. If your energy is scattered, or if your body is not ready to radiate above a certain level of energy then you will get results according to your body only just as a 10W transmitter cannot perform the work of a 1000W transmitter. But the good thing is that with the help of continuous practice you can increase your power.

You will feel some of the results within two days. Then you can start observing that in the morning when you think of someone, by the evening that person will call you. Or when you sing a song in your mind, that song will reach you somehow. This is the law of attraction but it only works at a level on which you are vibrating. For instance, let us suppose someone's goal is to meet the President of the USA which is a rare event then that much more time and continuous energy efforts are required for bigger goals like this. You can't have a goal of becoming a millionaire and then expect it to happen by evening. But if you continuously improve your energy and keep radiating the energy of money it will happen.

Your Own Engine - We all have a personal power engine inside us just like it is in different cars. A person started his

journey on a bicycle for 2000 kms and says in one month that he is only able to travel 400 kms. According to him, whoever said that you can travel 2000 kms in two hours is a liar and it is not possible to cover this distance in less than six months. The problem is not in the distance but in the power applied by that person as he has chosen a bicycle and someone might have chosen a car or someone may even be travelling by a jet. Similarly we all have different capabilities based on our lifestyles and will experience results differently.

At any point of time, subconsciously, you choose things which are based on your thought patterns and these decisions, small or big, decide the level of your life. As an example, think of your body as a receiver which has a particular bandwidth of frequency. Now wherever you travel in the world, you can only respond to this particular bandwidth of energy. Anything below this frequency or above this frequency will be something you can never understand in life.

98% of people are born and die in the same bandwidth. Throughout their lives they never try to change anything in their lives. They forget about their contribution to the world. As people who are capable of understanding that this can not only change their own lives but it can make a significant impact in changing the world and making this world a beautiful place. These are the people who, most of the world cannot understand. When these people speak, at first people laugh, then ignore them. Finally they stay away and think of them as visionaries on a special mission.

Your body has seven energy points to manage seven different types of energy. Each of them has a particular bandwidth of upper frequency and lower frequency to absorb energy. But as these chakras keep on accumulating, not only the pattern of these energy points suffer but over a period of time we start attracting the wrong energy.

All we have to do to attract the energy of the universe is to channelise it through these seven energy points called chakras. The beauty of these coiled energy chakras is that each one vibrates at a different frequency and each one of them is important. All of them are capable of accepting the energy level you are tuned to. In case your relationship chakra is imbalanced then you will only attract people who are already messed up in their relationships.

All the gurus will tell you to attract people but no one will tell you how you can attract the right people when you don't radiate the right energy. It is like you want to watch a crime series but your frequency is that of the cartoon network and no matter how much you try, you are not going to see crime series on that channel.

So let us go through some rituals, which will help you to attract the right energies in life.

Understanding Energy Components.

To make ourself powerful we will go through various rituals to gather energy but first of all we need to know the components and sources of energy, as increasing energy is a two-step process-

Number One- Stop draining energy in useless acts.
Secondly- To continuously gain energy via universe.

So now let us look at various energy components and break them down so it will be easier to identify which energy source we are lacking and what are different energy sources.

We as human beings are made of five elements. There is always some amount of imbalance in these elements. It is okay to have imbalance in these elements as the balanced person can only be God. Remember when you are born as a human you will have all the good and bad qualities of a human. What the imbalance in elements does is that you will have certain elements which will give you power while certain elements will drain you, some elements will be neutral towards you. However, it is you who has to identify your power source.

The Five Element present in our body in terms of percentage are: Fire, Water, Air, Earth, Ether.

1. Water
2. Earth
3. Air
4. Fire
5. Ether or Sky.

These are five element which make our body and these are the five energy sources which we will require in life to grow, each energy source has its own specific function which helps us grow in life, when these five elements are disbalanced in our life we not only go through physical discomforts in for

of dieases but also deficiency of so many other important things in life such as absence of love, money, growth and moreover happiness.

Air Element – *A Simple Thought*

A Simple Thought- Everything in life starts from a simple thought, A simple idea which can change everything around you, the quality of your thougths will not only determing the quality of life you are living at present but also the life, you are going to live in upcoming years.

It is always a one simple thought which can bring revolution in the world, It is very important to keep our thought process in control at all times, Let us go through a process of how thoughts are generated in our head and how by controlling the thinking pattern can change the way you are living your life.

Our thoughts are generated by the atmosphere around us and kind of people we are dealing, the inputs which are gathering in form of media from TV, internet and other sources and based on these inputs supplied to brain, Our brain will start developing thoughts based on inputs we have provided to brain.

The Air element is your intellectual capability, your desires, aspirations, your ability to absorb knowledge and create a new world out of it, your manipulative ability to change thoughts by interaction.

The seed of all problems lies in air element as it is always

The seed of all problems lies in air element as it is always one thought which once comes to your head and then lead to reality as for anything in life to happen good or bad, firstly a seed has to sown in brain and when brain keeps getting an input to water that seed, you will find ways to bring a thought in to reality, that is why it is very important to chuck out any one who is feeding you with negative thoughts.

How and why people become genius? Why only few becomes genius? In astrology when I analyse charts of great mind, I look for various combinations but over a period of time, when I look at birth charts of great people, I found one thing common and this was there chart has a disbalanced energy.

Let us go through a simple ritual to control thoughts and this is a ritual when done continuously can give you insights in to universe.

Deep inside your brain there lies a genius pandora box of ideas which can give you ideas which you have not even imagined but to access this box and talk directly to universe you need to first cut off the external factors which are actually draining your thinking capability by giving you unnecessary information such as if you notice people feel dizzy and sleep during a train or bus ride and the reason is when we look outside window the amount of information which is going to brain is continuously increasing which results in deep sleep.

A person who is a deep thinker will be a deep sleeper as his brain is tired with amount of information which has to be

processed similarly when you go through your phone continuously looking at various social media apps is you are providing information to brain which is absolute garbage and will not result in any kind of your personal or mental growth as now your air element is getting disturbed and the ideas which were somewhere in your brain related to your personal growth is down below in priority list.

Your brain has a rhythm of processing a particular thougught and then respond to it and it leads from one thought to another and then one after another, it will keep on going on to deeper levels of thinking, Imagine a room with a door followed by same pattern and each door has a different latch system in which some take 3 seconds while some doors can take up to 15 seconds and finally after crossing initial layer of room you will finally reach a treasure chest of brilliant ideas.

Some people take around 10 mins to reach this idea box while some people will never even try to reach this box as their thoughts are continuously disturbed by either phone notifications or distractions as the rhythm of the brain is continuously disturbed and they are never able to reach the deepest part of their brain where lies all intelligence and brilliant ideas. This is the reason why some people are confused and always complaining that they have no clue about their life. As all their decisions taken subconsciously does not have deep understanding of the actions they are taking in life.

If you can remove distractions in life and continuously feed your brain via positive thoughts weather it is by listening to

meaningful songs or placing a beautiful picture of smiling kids across the desk, It will empower your thought process continuously rather than looking at tv ads or random videos on phone.

Once you are alone and focusing on your work then your brain starts making a rhytm so you can do a work which will become masterpiece in itself as this work is a result of a brilliant ideas generated from deepest part of the brain.

All solutions lies within you, all we need to do is sit down and meditate on a problem, think from a fresh mind and make a decision and best way to take important decision in life is early morning 5 am- this is the time when the energy in sky will support you and when while during morning walk or watering plants when you will go through physical discomfort for any human being is the last option for your body to show you that you are not aligned with universe and there is an element lacking inside you, as the problem first starts with a simple thought as a seed in your head, The same discomfort which person never wants to share with anyone and creates a small packet of blockage in the head related to a particular emotion.

discomfort which person never wants to share with anyone and creates a small packet of blockage in the head related to a particular emotion.

When you keep on creating various such blockages in your head, your actions will also be affected as now you will not be able to perform at your peak level as now you have created a boundary for yourself.

Imagine a dress which you loved the most, the fabric, color and comfort everything was perfect and as you wished but the moment someone will point a mistake in dress such as you are looking fat in it although in your head till now it was great but now you are consious over the looks, Your brain has worked and created an negative exclamaintion mark against that dress in your head, next time whenever you will pick up this dress this blockage of wearing a great dress will be there and you will skip wearing this and go for another one.

If your brain is so sensitive to one comment then imagine how many great ideas, opportunities you have rejected just because your brain is programmed earlies due to negative influences of other people.

The best way and step by step guide to remove these kind of blockages is via rituals of self affirmations and knowledge.

1) Start with deep thinking habits and reducing any unwanted information – Reduce your phone and TV time, In today's world everyone is busy pushing their agenda, no one is on your side, focus on information which will increase your knowledge and happiness such as watching a show on discovery about ancient sciences or science documentary packed with facts is 1 million times useful than watching biased anchors on news rooms who are busy pushing agenda of a particular ideology.

It was same thing which was happening in nazi Germany and if you think you are not living in the one then you should

watch the documentary of both world wars carefully and compare the situations.

2) Read Everyday- Everyday make a ritual of reading at least 20 pages of a book which is not related anywhere to your profession but to your life, such as on religion, self help, fiction, biographies or my favorties magic stories as people who do not learn new things will easily feel depressed in life, Learning keeps the brain working and also give you new thoughts which makes you feel more confident.

3) Prayers- Prayers are the most effective ways to ask for answers and when you are praying for someone in the sky or someone who is deep seated inside you, you will be able to identify problems.

Let us come to a ritual of cleansing a deep-rooted thought, whenever you feel stuck in life by your own thoughts, when you feel there is a mental blockage in starting a new phase of life and your brain is continuously going over and over a same problem again then do these Vayu (Air rituals).

1) Conversation with God- Imagine you are directly talking with god and you have to address this problem to him so when you stand in front of a person who is running whole universe then you cannot start conversation with complaints, Start with small gratitude prayer such as – I am thankful that today I am able to get off bed and you have given me a chance to pray, I am thankful for the kids, wife, a home to live and start thanking for every single thing

which till now you have taken granted and then in the end you can say your troubles.

I am sure by the time you will come to explain your trouble, you will not be able to even mention the trouble you might be going through as you yourself know by this time that how much universe has given you on this earth.

Repeat this for several days and daily while doing this prayer keep a fruit, flower or something to offer in love to universe and say, I am thankful that I can pray today slowly you will see the negative blockages will start going away and new people will start coming in life with new thoughts and energy.

2) Changing the air element- Every place has a different amount of energy in air and it depends on various geographical factors and when you deep breathe this air, your thoughts change, different parts of the country to meet new people and get new thoughts is extremely important to people who want to break the cycle of saturation, that is why taking vacation and going to sea beach or mountains is important for at least once in a year so you can enjoy the breeze and new air can circulate new thoughts inside you.

3) Chanting Mantras- Mantras consist of universal sounds and these hymns and rhytms create a effect in brain which eventually change the thinking pattern by attracting the energies to pacify negative thoughts.

Each mantra has a diety and each diety is associated with particular task so when mantra is chanted everyday on a spe

cific time in a specific place what we are doing is we are attracting energy from sky which we are lacking in our thought process- One basic sound of universe is humming sound of Om.

When we chant Om, this is a general mantra and contains lot of possibility but this is a good point to start cleansing yourself as when we continuously repeat Om suddenly brain starts going in a reset mode when we recite this mantra with breath throughout day, you are cleansing air element of the body.

When you chant any stotra which is of a short duration such as Hanuman Chalisa or Kaal Bhairav, at least do it eleven times. You need to become a part of Hanumanji and to get into the character it takes time. You will get the energy via the universe and in a few days, you will see the change in your voice, your facial features along with other behavioural changes. These changes happen as your body is taking in the new energy.

Fire Element

The Fire element shows challenges, your ability to move ahead in life and the sacrifices you are ready to make, how easily you are able to adapt in a new situation and your courage and leadership skills at the time of adversity.

When Fire element is disbalanced in body, person is not able to take new initiaves as person is always busy in doing task, keep on running from one place to another without applying much brain that all these efforts are going in to vain.

A person whose fire element is not balanced will not take some time off to think, what are my priorites? What will be the result of the work I am doing in the long run?

As this person is unable to make long term vision in life and will realise at very late portion of his life that I have wasted my time in doing things which had no meaning at all as taking new initiatives is not the cup of tea for this person.

Fire represents new beginning and when people lack courage in starting new things, it is because they are too afraid to take risk and they become too comfortable in their misery that any new idea scares them.

Fire shows new beginings, In almost all cultures fire rituals hold same resemblance to leave the negative and start a new journey by lighting a fire- rituals of fire show us new path and give a mark in universe that now we are ready for new begining in life.

Lighting a lamp for complete night outside house, roof or balcony is a way to attract energies in life which can help you grow in life, If we can calibrate three things in this ritual, A magic is created or some people call it a Tantra, as more syncronised we will become with universe, you will realise that why this was not taught to me in school, Why this was kept hiddent and this is true, These rituals were limited to royal palaces only as it was king only who would require these rituals to live a long healthy life and attract properity and if King is happy the kingdom will prosper.

So how to calibrate this ritual, based on your problem you can choose your day and direction to perfrom this remedy and then do it once a week on a day.

Weekday	Problem	Direc on
Monday	Emo onal support & happiness	North East
Tuesday	Health and Courage	South
Wednesday	Business rela onships & Management	North West
Thursday	Kids and peace	North
Friday	Marriage and Money	North West
Saturday	Health and work	West
Sunday	Vision and Fame	East

So let us say you are facing problems in married life so find in which particular month dark night is falling on Friday and starting from that Friday for 14 weeks regular light a lamp in North West direction of your house roof.

As on this night lot of positive energies will enter your house and you can see the difference in 2-3 weeks of lighting a lamp.

Water Element – This is the element which makes us human, as human body being 70% of water, you can say 70% of our problems arises from this content as water has the ability to store memories and based on what we are continuously accumulating in our body, our preception towards the outer world is built.

We are capable to love someone or hate someone as we store emotions about incidents in our body, To love anyone else in this world a person should be confident enough to love themselves, People stop loving themselves due to guilt or fear as the world wants you to live in guilt – guilt is the most effective way to sell religion, ideology and even products by body shaming.

In a country like India where in last 60 years beauty prodcuts to change skin tone is a big business, it could only be possible by creating a guilt feeling of being dark in people's mind through advertising.

When water element is balanced, person is able to continuously chuck out negative thoughts and feelings and able to see the brighter side in any situation without being stuck and hampering the emotional growth, we feel hurt when people don't treat us as we want them to treat us, this is emotional dependency as your emotional brain expects certain type of behaviour from other people and on rejection, It retaliates in various forms.

When you stop your emotional dependence on other people and your mood, actions and life is not dependent on mercy of other people's reaction this is a true emotional indepen-

-dence.

This is one of those valuable lessons of life which I learnt after India's loss of world cup in 2003- This was the last time, I saw cricket match as well – So as a 17 year old, I was extremely excited for Indian team in world cup of 2003, Anyone who watched that match knew that India not only lost that match but the performance of Indian team was on mercy of Australian cricket team, Indian team played that match like a headless chicken with no clue what to do in that match.

This impact of this loss was so deep on my mental health that I couldn't sleep for several nights, as it was the emotional pain I was going through, I was not able to express it to anyone, It was same thing which million of fans experienced at the end of Games of thrones for not ending it in proper manner.

When we see a movie, we expect ending of story in a particular manner and if it does not happen, our brain is not able to take the conclusion, In all these examples it was our emotional body which was so much attaced to these characters that we can't accept that anything can happen against our wish.

When we start our journey of emotional independence, A sense of liberation which you have not felt before is experienced by you, In Starting you might be scared as your brain till now has not experienced this kind of emotional independence.

If I ask you that how much you trust your spouse, You will say a % but If I ask you that imagine your spouse is cheating on you, You might feel bit uncomfortable but to make you extremely uncomfortable I can tell you that your spouse is cheating with your best friend, you will be devastated as now your brain has started developing feelings as you expect your spouse to be loyal towards you.

Your emotional brain wants to control everyone and any deviation in it is not acceptable to you but it doesn't matter weather your spouse has affair with someone or not as the person who is not loyal will not be loyal at any condition and you can spy on him 24/7 and still person will find a way to cheat while on other hand a loyal person will remain loyal irrespective you watch your spouse on not.

So what is emotional independence and how to achieve it?

It takes time to walk on this path but once you get in to habit of gaining an emotional indepence, Trust me you will be invincible on this earth as you have gained control over 70% of your body and 70% of your life is not clean as highway.

Start with simple exercise of repeating this mantra several times in a day. **"Aham Brahmasmi" – Which mean I am the god, Everything is inside me**.

You can make your own mantra in your language as well such as "I am alone."- when you start realising that in this life you came alone and you have to go alone and rest all are only the passangers with you in same compartment , Few people will live with you for some days, months or years and

then everyone has their own journey, You will stop having expectations from anyone.

When expectation ends suddenly the person becomes blunt and truthful with everyone as there is no fear of anyone leaving them, When I started this experiment instead of people leaving from life, I had better and honest conversations with people which was not possible earlier.

Secondly Stop listening information, news about someon eels from third person, I made a rule of not listening about any relative, friend or even competetior from anyone else as whenever someone will start complaining about a person or start a sentence that do not tell to anyone- At that moment only, I will say- If you are going to tell me anything, I will call that person and clarify it.

Slowly people who were wasting my time by useless talks stop calling me and it brought immense peace to my life, bottom line is do not get involved in conversations which are not useful at all.

What you are doing this by following these practices that you are controlling the garbage which can affect your emotional health.

Only in your head there is a need to control everyone you think is associated with you and when emotional independence comes, not only you will be relaxed and happy but also people want to be part of your life as no one in this world wants to associate themselves with person who is fearful, emotional disbalanced and not happy.

It will start from your spouse, coworkers, employees- you need to start trusting them and instead of focusing on them, you should now focus on yourself that the roles you are playing in life such as of Boss, Employee, Guru, Student, Spouse for different people, weather you are honest in every role or not. Ask yourself Am I a good husband or wife?

Am I working with honesty in company?

A person who is not honest to himself will never be a happy person in life as your emotional diet will be compensated by some other flaw or frustration and by blaming others. We are living in a society where lot of religious hate is propagated and we know this is intentionally done so next time when you write on your social media about any other religion, ask yourself, Am I following my religion good enough?

People who don't follow their own religion are the one's busy finding faults in other people's practices, you become honest to your religion and no one can ever harm your religion.

People who do not have control over emotions their emotional instabliltuy makes their life miserable as any external thought make them miserable during any point of time.

A person who has water element disbalanced in body will take erratic decisions and will be source of trouble for everyone around them as this person's mood, behaviour and actions are not syncronised, when people do mistakes they try to compensate with some other kind of mistakes.

The Water element is emotion, healing, feeding, compassion and doing good for everyone you come in contact with. The Water element is what governs your ability to touch people's lives.

When you will become a balanced person suddenly you will see you are a blessing for society as now you can show path to several other souls in life, when you start this chain of healing and fixing internal feelings, people will feel blessed by only in coming contact with you.

Earth Element- The Earth element is practical implementation on ground, calculative ability of brain, dealing with day-to-day practical problems, managing people to successfully execute tasks, being helpful to society.

Earth element helps you take practical decsions and makes the best possible use of resources around you, When earth element is very strong the person is very calculative and work with extreme details to execute any plan and when the same element is disturbed then native might have some of the best plans in the world but using this knowledge practically impossible for the native.

Anything which you can feel or has materilaisatic value falls under the domain of earth and from this you can understand the value of this component, If a person is resourceful then it is only because of earth element in the body is responding well, a person will extreme disbalanced of earth element suffers due to lack of money.

Start balancing earth element by controlling your food

habits – food has great amount of energy from earth as all crops, vegetables are grown in land and depending on type of food consumed our earth element increases or decreases. I have discussed this component in detail in later part.

Ether Element

Ether Element is your long-term planning, satisfaction and contentment, your ability to experience bliss in life. There are only a few moments of bliss in life when you feel the middle part of your chest is opening and you have so much of love and gratitude towards the universe that you want everyone to experience this. Every morning I wake up with the feeling of so much gratitude and happiness that it feels like a dream coming true only due to an abundance of energy.

Ether element is not visible but is the most important element in the nature as without sense of peace and happiness any person on earth cannot enjoy, Imagine a life where you have every other element but you don't have peace of mind, This is provided by ether element.

It comes from devotion, prayers and helping other people, There are several thousand videos on youtube and facebook where people help homeless people or give a nice tidy look to beggar and million of viewers love watching these videos – Any specific reason?

The reason is that our soul inside wants to help the world, we want to see the feeling of happiness on other human's face, this gives us contentment and feeling of pride that we are

able to bring light in someone's life.

Problems in life will never end until and unless you raise your energy levels so that nothing affects you like throwing flowers on an iron statue. This is a continuous process to gather energy from different elements. You need to choose your path from one element of Nature - Agni, Prithvi, Vayu, Jal, Akash. All remedies prescribed in classics such as havan, chanting, stones, visiting temples and taking a bath in rivers are based on these five elements.

Similarly, when you practice these rituals due to raised energy levels, you will not be able to lead a normal lifestyle as now you have raised your energy levels. Your desire to meet people goes down and you have to try to act normal among people. But still your energy cannot lie, that is why animals and other energies will keep following you. You keep on getting messages from the universe about things which are about to happen.

When people perform regular havan their agni element goes into a different level. They will propose new theories and ways to do things. This is what the energy of invoking agni does. Their agya chakra and pitt content is so high that any time they do a havan the energy will manifest itself. When you sit in front of a fire while doing havan and offer things to agni with devotion, you experience that something has changed as the fire tatwa inside you has received energy from agni.

People who dip in water regularly and continuously work on the emotional brain can heal anyone with words and heal the

community by collective efforts.

When you do sadhana over a long period you don't realize how mad you have become until you meet normal people. From your dressing habit to the way you think makes you feel these people need enlightenment and why can't they see this.

So, choose a path of energy to sort out your issues in life and keep on doing these rituals to get energy from the five elements.

Energy Devices of the Universe - Yantra

Yantra is a Hindi word for machine. In this universe, to convert one energy form to another form you need a machine in the same way that you require a phone device to communicate with your friends and family. As more scientists are understanding this technology, everyday a new feature is being added to this technology. Similarly, to communicate in different realms and the universe we need Yantras to carry our messages to get us connected to different realms so we can receive messages and power.

Yantras to connect you to the universe are geometrical patterns when combined with a particular sound, space and time give results which humans say is God. As humans we have a tendency that when we do not want to understand or face something or any inexplicable phenomena we call it God.

In this book we will start with two very simple patterns and

yantras to help you attract energy. The effects of these yantras are powerful and these will help you experience the magic of the universe. The beauty of the energy principle is that as long as you follow the steps you will get the results.

Today's technology is still emerging and there are instances when after all the development, science will say that they are not able to get you connected to the universe. I have some very simple rituals derived from Hinduism. However, instead of following them for namesake, when you understand the science behind them you can connect yourself to a higher energy source.

As this is the first time I am writing on this topic, I will let my readers experience and work with simple energies without using any complex terms and names so that even a layman can understand the process. Many of my astrology students will be able to relate it to planets and nakshatra energies. But in this book I have not used any astrological terms, as I wanted people to heal themselves without going through astrological knowledge and patterns.

Signs of the Universe - Pathway

Like you require a signboard on a motorway to reach a particular location and now a days google maps, similarly the universe has its own sign language to transfer a particular energy to a particular person. The universe requires markings to identify people for certain causes and this is why appearance is the first way to change energy.

When you are walking on a road even if you don't realise it,

your brain does markings and to remember any route your brain makes anchors so you can remember the route. For instance, if you are walking on a route, the moment you see a big yellow M on top of a building, your brain stores it as McDonald's. Your brain has all the information related to the menu, taste, service of the restaurant, etc. You know what to expect when you walk into that establishment and it is now a reference point. Similarly, some people are hidden in plain sight and few will make an impression such as a person walking in red robes with a shaved head. You know from the background that the person is a monk from Tibet.

When your brain looks at a person with special markings such as robes, shoes, tattoos, piercing or any special body feature, that person gets attention. Similarly when you start using certain symbols you will get the attention of the universe.

Similarly Universe also looks for signs to identify its people and it does by your actions

I am listing a few markings below and you should try all of them and see the results as an experiment. We tried this with a group of people on facebook. The results were extraordinary. Some of them are mentioned at the end of the chapter with symbols. The same markings are called Yantras in Hinduism, Signs in the West and Nishan in Persian. But all of them have the same work and act as a symbol for energies.

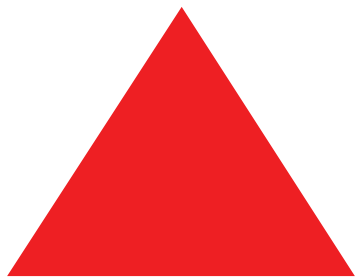
Understand Yantra first - A yantra means an instrument or machinery which is made to perform certain tasks. But unlike any electrical or mechanical machine this is a spiritu-

al machine. It is a pattern or a drawing to attract certain energies, just like we receive radio signals using electronic components. Similarly, to get a specific energy from the universe we use certain patterns and shapes to attract energy.

The most common and easy cosmic pattern you will see everywhere is a triangle which is used to channelise energy from space to earth. Triangles are the gateway to exit or enter the world and used as a communication device. Any yantra which is built with the help of triangles represents that we are channelising power from one world to another. Even in the human body parts, genitals form triangles so as to transfer energy from one medium to another. This is also the shape of the universe.

In ancient times, structures were made at specific locations with a particular design structure. One of the common structures you can find all across the globe are Pyramids. Pyramids are made all around the world and are engineering marvels. Have you ever thought why these pyramids were built all across the globe, in Egypt, China, Japan and even in India. All these have similar structures where the upper portion is extremely narrow and forms the shape of a triangle. These structures were created only to channelize the energy from space and make these buildings the storehouse of cosmic energy. Even the locations were carefully chosen for these buildings. I have discussed this on my YouTube channel Lunar Astro as well.

There are different ways you can build these yantras or machines to get a burst of energy in a particular form to perform the desired task as in this book. I am more focused on



Upward Triangle

getting you introduced to the energy of the universe. I will stick to the triangle pattern and then move on to more complex shapes and patterns.

If you draw a triangle pointing upwards on a piece of paper, like in the figure given below, and place it on your front gate or get a tattoo on your body, you have given a message to the universe that you are ready to receive energy from space. Now through this particular symbol you will start receiving energies to get upliftment in life. Upper triangles are good for spiritual growth and when you have to learn about subjects for which there is no literature available and you are in the process of creating a master piece.

Whenever you draw an Upward Triangle and want to connect to the universe, it is necessary to place the picture of the triangle near a window. It can preferably be placed under the open sky where this triangle can receive energy without obstructions. But as the human body is a conductor and offers a path of least resistance any Symbol will work better on the human body rather than on a piece of paper.

When you create this as a locket in a metal such as copper, silver or gold, which are good conductors of energy, the effects are amplified due to the easy pathway. Similarly when you get a 3d model of a pyramid made from a conducting material then the effects are much more prominent. All the ancient Hindu temples used to have the top portion of the temple made in either copper or gold. Similarly ancient churches have either a gold cross or the roof painted with a coat of gold.

The reason why these places have energy conducting materials on top is so that when the universe sees the marking it starts sending energy down. Energy follows the path of least resistance. When anyone visits these places the person experiences a rise in energy levels and sees magical changes happening in their lives. Life starts changing as now you are in a structure which is continuously absorbing energy from the sky. The moment you enter this structure, which is built for praying, there is a sudden increase of energy in the body.

People say that they experience miracles in their lives and have had the experience of meeting god. They at times feel a sudden moment of bliss like this world has stopped moving and they have gone into a zone which seems like they are in another world. The whole world feels nothing more than a virtual reality, where everyone is running without knowing the true meaning of energy and life. In that zone you feel that the power of the universe is so big that all your problems just leave your mind and your soul wants to rise high and there are butterflies in your stomach. This is nothing other than their own energy level increasing by visiting such places. Imagine what will be your state when I ask you to continuously absorb energy into your body.

Whatsapp Message on 12 March 2022 from a US citizen

[8:49 PM, 3/12/2022] : Dear Sir, With the triangle kept on my desk, a very heavy decoration mirror cracked outside our bedroom and the very next day my land deal that was on hold for a month went through.

This one is from Facebook page of Lunar Astro by User

Pawan Pauriyal.

'Remedies Result.
I made this yantra with a colour pen the day Deepanshu Giri Sir posted this.
Result.

Day 1 - The money I had invested through my friend, 20% I got back. Even though all his investments are stuck he returned me some amount.
Day 2 - The paper was missing from my table. Realised this on the 3rd day.
Day 3 - Made the yantra again on paper..
Day 4 - 60% money I got back. Only 20% remaining.
I returned that to my sister as I had taken that money from her. I thought once I get enough profit, I can buy predictive astrology course from Lunar Astro. Back in Nov 2021 I have completed BA. And now I am committing myself to astrology. Om Namah Shivaya.

Thank you so much Deepanshu Sir for your guidance. You are our guardian superhuman. Spreading such ray of hope that we start believing in ourselves more and more. God will bless you with abundance. God will bless you with more power and more positivity so that you will make the world a better place to live in. Thank you very very much. Thank you Sir. God bless you. Thanks a ton.

What do you think has happened in both these cases? Why has something suddenly surged in their lives? These people have attracted energy and experienced the results by connecting themselves to the energy source.

At the same time, it is important for people who want to excel in the field of spirituality and energy to cover their heads all the time. It does not matter which religious place you are trying to enter, you will always find that covering the head is a part of a ritual from olden days. When people were more careful about energy balance, every man and woman used to cover their heads all the time. Even now spiritual people cover their heads all the time. This is because the top of your head is one of the important energy points which is also known as Crown chakra.

Rabbi, Priest, Panditji, Maulana, Pathji, all of them belong to different religions and are from different parts of the world but all of them cover their heads with different types of caps. The reason being that these people have to protect themselves from excessive energy going through their heads as it might create an imbalance. Whenever you enter any temple or perform any ritual of Hinduism, one is always asked to cover the head as energy should not directly hit the top portion of the head.

In olden days it was women who were not exposed to many energies and used to be more sensitive to energies than men. This is why women were always advised to cover their heads. Firstly, when the head is covered there is protection from the direct strike of energy. Secondly, people who want to excel in the spiritual world should keep their heads covered all the time. The head radiates energy all the time and this energy will be wasted without covering the head.

An Upward Triangle is for spiritual growth. Downward Triangles are good for material growth when you have to

excel in things which already exist in earthy planes. A Downward triangle is to suck up energy via the earth as the earth is another energy source which is looking to deliver the energy. The earth has so much of potential and energy which is stored over a period of time. The moment you have given the indication to the universe to absorb energy from earth, you will start receiving energy via the earth. If you are using the Downward Triangle, the best way to get energy is by walking bare foot on the grass to get energy from the earth.

Let me give you a practical example of celebrity Johnny Depp. He became an actor in 1990 and was doing sitcoms. But 1993, which was the year of his turnaround when he signed three big movies, was the same year he got this tattoo of a Downward Triangle on his body. This was the year of a big leap for the actor in Hollywood as he started getting noticed in the industry.

Downward Triangles bring wealth and materialism but these triangles also bring a lot of addiction and morality issues as Downward Triangles channelise the earthy energy which is

in the form of materialism. Energy from space is lighter and gives the feeling of bliss and contentment. Energy from space will give you things where you can feel the bliss. It is similar to what you feel when you visit any temple and what you get in return has no monetary value but only you know what you have felt.

Energy from earth is full of earthy desires and it always comes with other problems. If you do not control this energy it will lead to destruction. Earthy energy has a monetary value, when anything is earthy you can smell it, feel it, taste it and it has a value attached to it.

You can do this as an experiment. Make the shape of a triangle upward or downward outside your house and you will see the number of unwanted visitors will increase in your house. What you have done is that you have given a mark to the universe that you are open to receiving energy. The only precaution is to not to try it on your phone by changing the wallpaper to a triangle or patterns of the triangle. When we posted this on the Facebook group of Lunar Astro, by evening many people complained that their phones had either stopped working or hung multiple times. They had placed the triangle as a wallpaper and as the phone has a battery connected to it this amplifies the energy of the pattern several hundred times to give results. You will suddenly experience a lot of activity happening on your phone as what you have done is - you have opened a gateway - a yantra - a passage for energy - Just a simple experiment by drawing a pattern you are giving a signal to the universe that you are open to receiving energy either in physical form or spiritual form.

Some of the people who made a mark on their main gate with colour, experienced fluctuation in electricity and electrical items suddenly going bad. A few people reported that the number of unwanted people visiting their house had increased on that day. One person reported that he received a package from Amazon and the contents of the parcel were more expensive than what was ordered.

This is what universal markings do in life. But this is the simplest way to attract energy. You can have more complex patterns to attract a very specific energy in life by making similar patterns on your laptop or phone. Depending on how precisely you make this yantra, more clear energy you will to attract in life. So while drawing it as a tattoo or wearing it as a pendant make sure each side of the triangle is equal with no wear and tear on either side.

In the next chapter we will look into more advance forms of yantra. But do not trust that it will work until and unless you yourself experience the energy. Like every machine there is an input and an output. We need to check if the mark which we have given to the universe is working or not. This is the way we are going to do this.

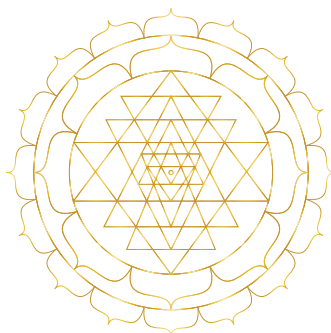
The best way to balance the energy of the sky and the energy of the earth is to make a Star with the help of two triangles as this particular combination is used to attract energy which is balanced in nature. A star is capable of creating a wonderful balance of both energies.

Similarly when you make repetitive patterns such as a concentric double upward triangle or a downward triangle you

are multiplying the energy and this energy comes with obsessive behaviour. Concentric triangles in one direction only, should not be used until and unless advised by an experienced person as it can create havoc in life.

We will leave the yantra part here to let you work with the energy of yantra. As an exercise, draw one of the yantras with either an upward triangle or a downward triangle or a Star. You should experience the energy realm yourself and see what happens when you give a mark to the universe. As, until and unless you experience it you will never be convinced with the power of this book or the upcoming techniques.

Yantra Working - How to Check



When you buy a phone, you have a good idea about how any phone is going to work but what about the energy patterns. I am asking you to draw triangles and later on other specific shapes. How are you going to be sure that these energy symbols are working or not? I want you to ask these

logical questions when you do something with faith as this whole world works on the principle of energy. You should be able to see this magic at any point of time in your life. If you cannot feel the energy of the universe then it is not worth reading this book or doing any of the rituals.

When you start receiving energy via patterns, the first thing which will happen within a span of one to three days is that you will suddenly experience that some of your electrical equipment is not working, some mirror or crockery may suddenly break or the water pipe will burst. Sometimes you will also see this happening in your neighbourhood. This is a result of negative energy leaving you, which was stored inside these places.

If this does not happen in the first three days then try placing the yantra in a much more effective direction. If you are wearing it as a pendant, you will not be able to sleep properly. Due to extra energy your mind will go into an active state all the time. So even when you try to sleep, your brain will still be in an active state. For the first few days just test the yantra pendant. Try sleeping while wearing it. As it gets more and more power from the universe you will see your brain becoming more active in the day. At night you have to remove this pendant to sleep properly.

We will experience a very clear connection with our inner world. The moment we think about something, within a few hours we start getting signals. News of someone comes with an opportunity from the same direction. The reason it has happened is becuase we project that thought out into the universe very strongly via this pattern.

You can also place this yantra on any person who is addicted or going through problems which he doesn't want to discuss and yet you can see the results.

The Sound of the Universe - Mantras

Yantras are combined with Mantras or sound to communicate with the universe. Imagine you are driving your car, enjoying your ride but suddenly you hear a police siren. Without thinking for a second, your sub-conscious brain will tell you what to do next as the sound of a siren is marking in your brain the urgency and telling you to respond accordingly.

Similarly, the universe has its own system and it responds on a particular frequency. Perhaps certain energies are attracted towards certain rhythms and patterns, like in an office building when there is a siren everyone gathers on their muster station. Similarly, certain sounds are generated to gather energy from space.

When you add sound to any yantra then it is for a specific purpose. Like when you write OM it represents infinite possibilities to get connected to the universe and gives you spiritual upliftment. When you add certain sounds called seed mantras, which are based on these mantras, other mantras are created. These mantras act as seeds for other mantras and are very powerful when mixed with yantras. To begin with, start with Om as before we go into the detailed energy of mantras you should have a body to absorb this energy. It is better to get used to subtle energy first.

mantras, which are based on these mantras, other mantras are created. These mantras act as seeds for other mantras and are very powerful when mixed with yantras. To begin with, start with Om as before we go into the detailed energy of mantras you should have a body to absorb this energy. It is better to get used to subtle energy first.

When mantras or sounds are expressed in a rhythm, they create a pattern and this process is called Cymatics, which means that every sound has a shape and this shape is manifested in the form of yantras as well. When we listen to music our brain creates a pattern in our head which in turn makes us travel in different zones altogether. You must have experienced it while listening to your favourite song, which makes you go into a different world. Music lets your logical brain shutdown and takes you into a state of bliss for a moment. You can never explain the feeling of listening to certain words of a song. When the words, rhythm and the feeling of music is in resonance with your body, magic happens.

Indian Classical music is made to address seven energy points in your body. That is why all the ragas are divided based on the time of the day and activity related to them. Music cannot only heal you but can also let you get connected to different worlds by making a yantra pattern in your brain and attracting energies from different worlds. Specially before sleeping when we listen to these soul Ragas, our soul travels and gets connected to various energy sources. For connection we use yantras, mudras and various patterns.

When we wake up the next day we have a good or bad hair day. We may wonder what makes our hair supercool one day and really bad on another day when we are using the same shampoo and following the same process every time. The answer is the energy in your head. People with excessive energy in their head always have their hair standing up, people with a lot of Ether energy never let their hair settle in the middle portion where there is a place for a ponytail.

This is because every night you absorb energy from space while you are asleep and in your dreams. Your dreams are a part of the energy you are receiving. That is why it is strictly recommended to not keep any electronic item or utensil next to your head. One way to absorb negative energy is to keep a glass of water next to your head to give you a healing effect while you are asleep.

One of the most important patterns is formed in our head, which makes us feel energetic or messy the next morning. This depends on what was our energy source that night, whether we drained or gained. Tell me what will happen when you sleep and your head has a messy pattern, you will attract messy energy. When you sleep with a yantra pattern in your head you attract that energy in the night.

Seven svara represent seven planets in Jyotish, starting from shadja. I always recommend, ragas as a form of therapy before sleeping. Music not only helps in good sleep but also makes a pattern in your brain like cymatics and these patterns are yantras of different energies in the sky.

Raag Yaman is to soothe you before sleep and give a healing

effect and form a yantra of healing in your head. When you sleep you will start attracting all the energies which can heal you and take away pain from your life. This is a process to know yourself and turn yourself in to yantra and travel to different worlds altogether, to experience things of several lifetimes. It is possible that you may not get good dreams. These dreams will show you why you are stuck in life and what you can do to move ahead in life?

Some people will see dead people asking for things such as food, clothes, water or an unfulfilled desire they might have. They may be complaining for a certain reason so the moment you fulfil their desires, you will get tremendous results in your life. Let me give you some insight into this. When I was getting married, one of my maternal cousins was going through a medical procedure in her stomach. I used to visit her regularly and in the same way as all girls ask their brothers, she asked me what gift I would I give her for my marriage. I always used to tell her to get all right and I would get her a saree equal to her weight once she was out of there. But unfortunately, she was not able to make it.

One night after listening to a raga she appeared in my dream. I saw her dressed in a red lehnga walking in the marriage lawn and this was close to her death date. For most men, clothes don't matter. But for girls, marriage dresses hold a special place. She walked up to me saying, 'Brother, my dress is still due.' This was something after eight years of her death and the moment I gave a similar red dress to a girl who was getting married, I experienced a sudden rise in my life.

Dreams are the easiest way to get connected to a different

universe as you will get connected to different energy sources. This energy is now attracted towards you as now you have connected yourself via your body yantra to the universe. You spend thousands to achieve a state of trance. I am giving you that in one night to fast forward your journey. It is not about distance, it is about your energy and how fast you can travel.

You are suffering in your profession and don't know what is your mistake or why you deserve to be in such a position. Don't you ask this question every night while sleeping? Answers can only be given by the universe and for this you should get ready to travel every night to different worlds to see why you are going through a particular phase.

There are seven different realms which exist other than the earth and these are the parallel universe which exist. We think that the whole universe is according to our understanding but we only live in a part of virtual reality. There are other realms where rules are different from this particular universe. Every other realm has its own set of rules like we have rules like gravity, space and time. But when we start connecting to the supreme power we can have access to unlimited power and abundance as we tend to understand this universe better.

You have already been to different realms in your previous birth. Based on your actions in your past life you get birth in this universe. These seven different realms are further divided into two parts each, of the upper universe and the lower universe, making it seven above the earth and seven below the earth.

Rastalak lok is the universe of beauty and music. The whole effort of living beings over there is to enjoy life by various activities such as singing, dancing, creating various types of chemicals to give stimulation to the brain to experience bliss. But if in this life you are not happy and you have never got the feeling of extreme happiness without any material things, then you are suffering from crimes you have committed in this particular realm. You need to travel to this realm to see the cause and solution for this. I have mentioned various music compositions and problems. In your sleep when you travel to a particular realm you will get an idea of the solution as well. You will get to know the story which no astrologer can tell you. You will face your past life karma as whatever question you ask the universe that night, with the yantra in your head, you will get connected to the same realm that night.

A person was facing a government enquiry and was suspended from his job. I asked him to listen to a raag and note down his dream first thing in the morning. This person woke up with tears of grief and a very heavy heart. In his dream he saw a house and he was a part of a family. One of the family members committed suicide after a fight with him over food. That member went to his room and hanged himself and the person was unable to save him. It was a very painful dream as it was so real that he could see the stool was blue and chipped in various places. When this person was trying to get the body down, even in the dream, he was apologizing for the fight and grieving for the family member.

This one incident shook the person so badly that after this, his fight with his siblings stopped. This astral travel helped

the person to understand his family members. The immense grief on losing a family member in the past was what he carried with him. After six months he tried this again and this time he saw two brothers starving for food outside a mud house, eating every single grain of rice, which was on the floor. Again, this was very painful. But the brothers had a lot of love and affection for each other as one was feeding the other. In the same dream he saw that he got access to bags of rice but at the cost of his big brother becoming a slave at someone's house. He again woke up with not a very good feeling. All this that the person was experiencing was from his past life.

Both the dreams were about the person's brother who he had lost. This was the crime he had committed in his past life and was the reason why he was now experiencing problems related to his profession. In this life when his siblings were asking for more money and a share in the property, it was only because of the debt in his past life. Once he let go of the dispute with his siblings, suddenly the professional enquiry he was facing was stopped.

If you want the remedy of a lifetime, work on your energy as that is going to change everything around you. You attract what you radiate. This is the first step towards astral projection. To see your past life as strange dreams will come to you now to remind you of various things such as school friends and unknown people. In one or two days the same people will come in front of you.

I have done this experiment several times and this works in real time. The music is so powerful that you can also try it.

All the rituals, which I am explaining in this book have been personally tried and tested by me as well as by people on Facebook. You can also follow the Facebook page of Lunar Astro to get involved in this in a better way.

As an experiment I tried a particular raag which I believe attracts energy randomly. Whenever I start playing Raag Darbari while driving, suddenly people make a U turn in front of a car, or some kind of accident happens. Whereas if I start playing Raag Madhumas, the trip is as smooth as it can get. By experimenting, I am very sure of the results which any raag will give so you can plan your travel to different realms every night.

When you start performing this experiment, always keep a notepad on the side of the bed and first thing in the morning write down as many details of the dream as you can. Then try to relate it to your life and next, try with another realm. Each time you will have different experiences.

One of my school friends tried this for getting married, as till the age of thirty-two he was not able to get married. I suggested to him to try this dream travel. Every time he travelled he saw a burning Chinese hut and different portions of the same story. But all belonged to a place like China whereas he had never been to China. Every time he travelled in his dream, he got more information about the place. Something very strange happened during this period. Out of the blue his boss told him to travel to China. This person had never been out of the country and was a CNC machine operator. Since they were importing this machine from China they wanted a technician to travel along with the team and test this on the

spot.

I told him that his travel to China was not an ordinary travel as now strange things will happen such as losing money, meeting people and so on. He had initiated this travel via travelling in dreams so he needed to be careful of fire. This person met a Chinese lady and married her a year later. This lady had her grandparents killed in a house fire.

Can you join the dots now of dream travel and why this boy who didn't knows any other language but Hindi had managed to travel and marry a woman in China at a later age. Once you start doing this experiment, it will go to a crazy level of manifestation in your life. You will feel that the real world is something else and what we are living in is just a virtual reality.

Here are the list of Ragas and Planets -

Problems related to children, honour, getting a position in life, relationships with father and government - Raag Tanpura, Raag Shadbhinna, Raag Darbari

Mental peace, relations with mother, happiness, calmness, family atmosphere, emotional trauma and pain - Raag Shudh, Raag Komal, Raag Yaman, Hansdhawani

Property related issues, blood related problems, violence and accidents - Bhairvai, Asavi, Thodi

Education related troubles, fights with siblings, thyroid and hormonal imbalance, communication, business,

friends - Gandharva, Kalyan, Poorvi

Relationship issues, money related troubles - Nat Bhairav, Brindabani Sarang

Lack of happiness, motivation, purpose, intangible happiness missing - Raag Shudha

Profession related issues, long term diseases, chronic troubles - Jaunpuri, Kirwani, Neelambri

Every word you can speak has a picture attached to it such as when I will say hospital, your brain will automatically pull out a picture of a hospital in your brain that is why humans respond to language, pitch tone and words instantly.

Synchronicity of Time -

When your actions are synchronised with the energy in the universe you do not have to put in much effort as universal energy is positive for specific tasks only. As a matter of fact, during the months of September and October there is a surge in the download of health apps, gym memberships and other related activities. The energy of the universe is in the correction phase. Pay attention to health issues as at this point of time you will attract energy to heal yourself. Trying to leave any addiction or solving court cases and litigation during this time will get you extraordinary results.

Similarly, 15th April to 15th May is an excellent time period for conception, starting new learning, moving on and starting a new life altogether as the energy of the universe is sup

porting you in this cause.

The universe has a pattern of synchronicity when energy levels in the atmosphere are vibrant and high or very low. The energy levels being transmitted from the universe are for certain tasks. This is why it is important to be in synchrony with the universe. After so much of research scientists have found out that if we do not resist our natural body clock to wake up and sleep, there is a natural happiness which generates in the body. Going against the body clock is one of the main causes of depression.

Similarly, when you go against the universal clock life not only gets difficult but you feel that the whole universe is working against you. The truth is that you are like a driver who is driving in the opposite direction on the highway and blaming everyone else for trying to hit you. The moment you get in synchrony with the direction of the highway suddenly all resistance vanishes.

Similarly, there are special days, seasons and months for specific tasks. The energy in the universe helps or resists in tasks you want to perform. That is why in Hinduism for every special occasion the person will visit a Panditji and ask for a mahurat. Or, these days people go to the website of Lunar Astro to ask about rituals to be performed on special occasions.

The best way to figure this out is to look for special days in your life as this is your personal calendar for performing rituals. These special days can be your birthday, your marriage anniversary, birthday of a close family member, your

job date, etc. All these are special and significant days in your life. Mark the month and lunar day for these dates and anytime you want to start making any of the symbols choose one of these days, as these days are not only important landmarks in your life but also special energy points as well.

In the sky you can see one major source of energy which is the Sun. The Sun being the significator of life provides critical energy for life to exist on earth and resonates with the life force in us. The Moon resonates with the water content on earth, which is visible on the night of full Moon and dark night. Similarly, our everyday emotions are controlled by the Moon.

In any month there are three special days when the energy of the universe is resetting. As you get more sensitive towards the energy of space, your body will tell you that something is different in the energy on these days. This is because on these days either the Sun, the Moon or both of them are going through energy changes in their cycles.

One such day is around the 15th of every month which is called Sakranti when the Sun changes and enters the new zodiac sign. At the time of entering into any new zodiac there is disturbance in the energy of the universe. It is advisable to make donations on this day like in the Hindu custom, Donation of seasonal fruits, wheat flour, jaggery, etc., are given in the temple but one can always donate to different online causes every month. You can volunteer your time to clean sea beaches or teach any child or perform any act selflessly towards others.

The second important day in every month is dark night and Full Moon. The emotional body goes through changes on these nights so donation of rice pudding, also known as payasam or kheer, is to be done in a temple. What happens with this donation is that Significator of Soul Sun and Significator of our Mind Moon goes into a Zero state and changes their energy levels. This is the time when if we donate it takes away a lot of our negative energy from the Soul and Mind, which we have acquired over a period of time.

I am writing down a general guideline based on the movement of the Sun in the Zodiac for the tasks you can do in a particular month. The Sun is considered as the King of Zodiac and the principal entity for providing energy and life on earth. If we can get synchronised with the principal source of energy then rest of the energy source will be easy.

15th Jan - 15th Feb- Solving problems related to career, starting a savings account, working for pending tasks and objectives with complete dedication, etc. The energy is to complete a task even if it requires strict discipline and actions.

15th Feb - 15th March - Focus on family, making more connections, family functions. The energy is of enjoyment and reaping the fruit of hard work.

15th March - 15th April - Clearing old debts, selling of any possession, charity. The energy is of giving out.

15th April - 15th May - Child conception, working on health-related issues, overall personality development. The energy is to start anything new in life.

15th May - 15th June - Accumulation of resources. The energy is to solve any kind of family dispute or internal doubts you have by talking to close loved ones.

15th June - 15th July - Learning new skills, initiating in to new school, creating online profile on apps, sending proposals, paperwork, sibling or neighbour issues to be sorted during this time period.

15th July - 15th August - Property related matters, working for masses, making peace with situations. Any problems related to heart, lungs.

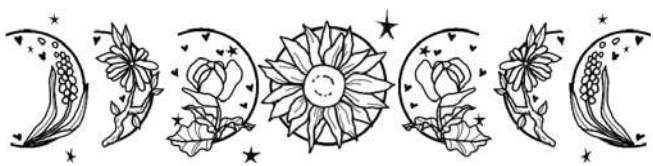
15th August - 15th September - Taking new office, love life initiatives, government or management related tasks,

self-learning, making long term plans, stomach related ailments, celebrations, branding yourself.

15th September - 15th October - Overall health related problems, enemies, debts you should try to solve in this month and avoid any kind of partnerships or new association.

15th October - 15th November - Marriage, relationships, partnership, business, travel for vacation.

15th November - 15th December - Making long term plans, goals, initiating a higher knowledge of the universe, going to a guru or father to seek advice.



Once you choose your months to perform certain tasks, then you can choose from the cycle of the Moon.

New Moon – Starting new ventures, moving to new house, new projects undertaken.

2nd Lunar Day - Singing, dancing, eating out, buying groceries, stocking up items, money related activities, meeting family members.

3rd Lunar Day - Travelling, writing, signing deals, paperwork.

4th Lunar Day - This is not a good day for starting anything new but good for doing work of letting people go, buying electronics items, starting meditation.

5th Lunar Day - Good for every activity except dealing in financial matters.

6th Lunar Day - Entering new home, office, good for all fashion related shopping, craft related work.

7th Lunar Day - Marriage, relationships, meeting new partners.

8th Lunar Day - Writing assignments, mining, research work.

9th Lunar Day - Initiating war or allegations.

10th Lunar Day - To start new projects and getting fame in your work.

11th Lunar Day - Healing and medical ailments.

12th Lunar Day - Good for buying vehicle and transport, banking work.

13th Lunar Day - Good for meditation, working selflessly but not good for travel.

14th Lunar Day - Good for spiritual upliftment and doing penance.

Full Moon Day - Good for submitting final reports and closure reports.

Got Energy - What's next ?

When you start getting energy from the universe, will all of you get the same results ?

Do you get the same output when you plug in equipment in an electrical socket? The answer is no. Depending on the internal wiring of the equipment you will get the necessary output, such as when you plug in a mixer, it rotates whereas when you plug in your phone the output is electricity to charge your phone. This is because different equipment has different internal wiring. Similarly, when you attract any energy from space, depending on your internal wiring each one of you will have different results and some of you will feel confused as this was not what you were expecting to happen. There are instances when people suddenly lose their jobs after trying a yantra experiment.

Each one of us has a different way of handling energy in our bodies. The energy principle is that it follows the path of least resistance. Similarly in your body, energy will follow the path of least resistance. If a certain passage is completely blocked in your life such as ego issues and short temper this

means your stomach area energy will be blocked and you will experience vomiting or dysentery and sudden health issues coming up.

These issues are very common as what is happening is that energy is trying to free your body from toxins. A healthy physical body is the first requirement to make you feel bliss. If in your life you have forgotten what are cramps of happiness when you read something blissful and how butterflies in the stomach go with happiness, it is only due to the fact that not only on a physical level but also on a soul level that energy chakra is blocked and you are not able to experience the bliss.

At any point of time when you fall ill with diseases like tuberculosis, cancer, IBS, heart blockages,etc., these are diseases which you have acquired over a long period of time. When you are unable to resolve issues on the soul level then disease comes to the physical body. In the same way, when energy will start curing your soul it will start from the physical body. If you are suffering from any of the long-term ailments such as diabetes and blood pressure then for sure expect that a full detox of the body is going to happen in various ways. The liquid which comes out from the body in this process of cleansing will have an extremely bad smell.

Once your system gets cleansed, it might take up to fifteen days, but you will feel much lighter and different. Healing of the physical body will start first and the medicine you were taking till now will give you better results with reduced dosages.

Cleansing Physical Body

Since our own body is going to play a vital role in this process it is important that we start preparing our body to absorb this energy. For this, one of the most important ways is the decomposition of dead cells in the body.

A Japanese scientist named Yoshinori Ohsumi got the Nobel Prize for doing research on dead cells of the human body. Our body continuously generates new cells but what Yoshinori was interested in knowing was what happens to the dead cells in the body. During his research, he found out that these dead cells remain in the body until and unless our body consumes them. This means that when we are hungry and consumes them. This means that when we are hungry and the body requires food, it is the dead cells which are used while the extra dead cells in the body will result in diabetes, cancer and other diseases.

It is important that we fast at least twice a month or ideally once a week. This is when we leave traditional food and consume only fruits once a day or go on a liquid diet so that we can decompose dead cells. When we eat light food it is easier for the energy in our body to flow without disturbance. Whereas when we eat food to a point when the stomach is heavy, all the energy has to focus on the stomach for the digestion of food. So that even if you are in an energy zone with all the symbols, you will not be able to absorb any energy as your body is not ready.

Cleansing the Emotional Body

Once your physical body is ready then you can move on to cleanse your emotional body as your body has resistance due to negative emotions. It will be easier for you to connect to energy and channelise it properly as this ritual is for cleaning the emotional body.

Humans have a habit of storing a lot of grudges and pain within them. In the next article you will see how stored pain can affect you. At this point I want you to perform a ritual of forgiving people and letting the pain go. There are people in your life who may have caused you suffering in the past and you still hold grudges against them. You may be feeling emptiness as you may have suffered losing loved ones. But what these memories do in your life is that they create a blockage in the energy circle. When you start receiving energy, these blockages will act as useless blockages in the energy flow.

It is difficult to forgive people but until and unless you forgive and move on, you will never be able to progress in life. The best way to do this is by holding a fruit, or some money or a flower in your hand and sit down at one place and let go of all the bad memories and experiences which are holding you back.

We all get multiple heads like Ravan. There are many people who live in your mind rent-free and constantly block your progress. It can be your ex-partner, ex-employer, people who have not treated you right and because of that you are not able to let go.

Even when Prabhu Ram was standing in front of Ravan he was not able to receive light as the wall of ego was blocking it. Prabhu Ram was fighting but with compassion, he never showed hate, jealousy or complained to bhagya. Hate is one thing which will block all your forward routes of success. That is why forgiving others is most important, in the same way as we forgive our own mistakes. The more compassionate we become in life, we start receiving blessings.

The remedy of holding a fruit, a flower or some money in your hand and saying 'I forgive you' and donating this in the name of the person who is ruling your head will have an amazing effect within fifteen minutes. All you need to do is pay attention and you will see energy getting manifested. This is a ritual which you should do at least once in six months. This will help you let go of grudges as this is a peace offering to everyone who has given you any kind of pain. It is important to forgive people and move on.

You can also do this by holding a flower, a tree branch, a fruit, or anything as a peace offering in your hand and say, 'I forgive you all' from the heart. By keeping grudges you hurt yourself the most. You may feel like crying while doing this and that is fine as all this pain of leaving someone was inside and you were trying to be all right with so much pain and grudges inside you. You should never feel guilty for someone elses karma. There will be many people in our lives who will come and go. This is because everyone has different stops in life where they need to get off.

Chapter - 3

A RED BICYCLE

As pain never goes away from our body, all the experiences of this life and the past life we keep on storing rather than addressing them. We, as humans, have mastered the art of ignoring and not paying attention to our own pain. We sometimes find resort in such things as alcohol or by keeping our brain busy with something else so as to ignore the real issue going on within us.

I remember my shoulder pain being so bad that I was unable to lift my shoulder above a particular height. No medicine or physiotherapy was having any effect. After three months of going to every doctor in the city, I decided to have a look at my birth chart and I deciphered that by August 2021, I will get some relief. But the pain was still unbearable and while sleeping I was unable to even turn.

We never resolve our pain, we only ignore it - It is time to confront our pain and resolve the issues.

For the last few months I was suffering from severe shoulder pain. Inspite of the diagnosis and therapy, the pain hadn't gone. While teaching, I told the class that my shoulder will be all right in August as I could see the transit position. But

eventually it was one of my students who solved the problem.

As she does past life regression, she asked me if she could do a small energy cleansing for me. I was very reluctant for past life regression as past life regressions sometimes make you see a lot of bad things which have happened in the past and I was not ready for it. As she is good in her work, she predicted ***'At the age of eight there was this red color toy which was taken away from you and that pain is now coming back as the issue was not resolved.'*** 'So', she said, 'why not gift a red colour toy to your child as when a child will play with a similar toy, that will resolve the issue.'

Some incidents cause us so much pain that even when we grow up seeing certain things reminds us of that pain, as that pain is still accumulated in our body.

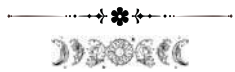
I was not able to recall anything but later on I remembered an incident about the red cycle, which had deeply disturbed me when I was a child. My student was able to make me recall this. When I gifted a red colour cycle to someone, the pain which had not gone away after several therapy sessions and medicines went away by gifting joy to someone.

The pain which I had accumulated several years back came out in the form of shoulder pain. I explained the astrological reasons on my blog as to why this happened after so many years. Similar pain can be felt from time to time and creates problems which are beyond the understanding of medical science where all pain killers and physiotherapy fail.

Some pain is so deeply embedded in our lives that we don't even know it exists. When we look at certain things which remind us of bad memories, we become uncomfortable. In my case it was the incident about the red bicycle. Now it is time for us to resolve them so that we can live a happy worry-free life.

Chapter - 4

ONE PERSON SYNDROME
-
THE SUPERPOWER IN YOU



Have you ever seen a movie like Superman or Wonder Woman? In the beginning, these people do not want to accept the mission and they resist becoming a superhero. This is the story of each one of us as none of us want to accept our superpowers. That is when the universe starts giving you problems in life so that you can sit in silence in grief and happiness and understand what your super power is. Imagine a person gets rejected from a very well-paid job so that he can make guitars which will sell for up to a million dollars nowadays.

If you read Yajurveda when gods were asking for special weapons to fight, the core of the story was 'Weapons lies within you. You need to tap into powers hidden beneath the core.' I call it a one-man syndrome as this is how profound this syndrome is. It makes you a genius on your own, the moment you decide to unleash the power hidden inside you.

We all look for help outside. We look for a guide, a mentor, a friend all the time, someone who can guide us through

difficult times. This is due to a tendency that we are born and brought up with in an environment where we are addicted to taking directions, orders and advice for every single thing. Most of the time the other person whom you are asking for help will hardly be useful. The person will not be able to understand your circumstances and background stories like you do. His judgement will be is based on the limited information that you are providing him. Secondly, the person might give you advice but finally it is you who has to face the consequences of each action. So instead of asking for help from anyone else outside, you should try to solve your problems yourself only.

Let me give you the wisdom of a person who trained in the Royal Air Force for twenty two years and twenty one days. He used to mention it every time. He would introduce himself - My Flying instructor.

It was my first trip as a trainee on board and after practicing on simulators, it was time for a hands-on flying experience. One day I noticed that the air conditioner of the control cabin was not working, so I went to the supervisor and informed him. This was the conversation between us.

Me- Dave, the aircon in the control cabin is not working.
Dave- So? Fix it.
Me- Should I fix it?
Dave- No. Let me call Customer Care and tell them to send a technician 150 miles in the sea to fix a damn ac because we have got an engineer on board, who is unable to fix an electrical equipment. Fix it or work in heat.

So it narrowed down to a point that either I should fix an aircon on my own or work in the scorching heat of the sea. That moment my brain switched to the realisation that no help is coming. There is some kind of super power that kicks in you and now you stop being dependent on anyone else. This helps your brain to stop looking elsewhere and focus on getting the task completed.

STOP BEING DEPENDENT ON ANYONE - You are alone in this world and no one, and I repeat no one, will stand by your side if you are not worth their time and attention. People stay with us only till they see some benefit of their own. The moment you stop being useful, you will be replaced. It may sound rude to you but remember that you need to work on yourself. Instead of being dependent on anyone else, focus on how you can deal with the problem. The moment you unleash this superpower of solving problems, not only will you attract a lot of other people around you but you will also gain respect from others. The Sun burns itself to give life to others that is why in the life of a king, moksha is not an option.

As soon as I fixed the aircon, I was asked for help to fix a few more aircons which were not working on the vessel. The best part was when I fixed the aircon in the kitchen, I not only made new friends but also enjoyed the meals during the whole trip.

One of the mantras which gives confidence and reminds you who you truly are is - **'Ahm Brahmasmi'- 'I am the universe'**. Say it several times throughout the day and you will realise that the universe starts opening towards you. There

will be time periods when you will not be aware of the task you are going to perform completely. But you can always learn, there is nothing in this universe which you cannot learn and master. We like someone else to pick us up and tell us what is good or bad in life. We need someone else's attention to give us that push and motivation in life.

Most of the time people wait for disaster to happen as they tend to ignore the problem until it becomes too late to act. I think we all know that there are a few things in life which we already know are bad for us but we wait for someone else to push us to become great. We are always waiting for someone else to wake us up. It is human pshyscology that you want to do it the easy way when someone will come calling to tell you that these things are bad for you and push you to becoming great. We all know that drinking too much tea will spoil our liver or by not doing enough exercises we are going to invite many diseases. We tend to ignore these things as much as possible till one fine day we realize that we have so many issues and then we panic. We can correct this. I have a plan for you in the next chapter.

Chapter - 5

CONNECTING TO THE CORE

Once you have established that you are all alone and there is no help coming to save you in any situation then congratulations, you are now on your path to becoming a legend as now you can unleash the superpowers in you. This book is not to motivate you to do great things to impress the world, but to make sure every single day you wake up with the feeling that you are a special child of God who has been blessed by extraordinary superpowers.

Once you are isolated from the outer world you can go inside your core and work on your powers. In ancient times all saints used to have their ashrams outside the city, somewhere deep in the jungle. They knew that to achieve something great one needs to live in isolation. We can think deeply on secrets of the universe and are capable of performing extraordinary tasks by developing medicines, looking into the future, time travel and all other things mentioned in the Vedas.

To know your superpower you have to go into silence as every single piece of information you take in has to be processed by the brain and this takes up vital energy of the brain. When we travel in a train or in a bus we feel dizzy

after some time as we are constantly looking outside the window. By doing this we are taking in so much information through our eyes that our brain feels dizzy.

Similarly, if you keep on wasting the vital energy of your brain on useless information via. TV, phone calls or useless chats with people, your brain will not have enough power to give you a deep understanding of the subject. You will be left in life with no vision, depression and failures. So isolation is the key. Make sure you cut all unnecessary information which is coming to you via the five senses so that you can experience what is in the hidden core inside you. The moment you start cutting down information going to your brain, mostly by visuals, your brain will send you signals of insecurity that there is something wrong today. Now you have disturbed the security algorithm of the brain.

You check your phone and different applications because your brain is sending you signals at regular intervals that something can go wrong. As humans we have deep insecurities embedded in us. As a process of evolution we have gone through time periods where people used to get killed by animals, hunger and various natural causes. Today's world is much more secure and comfortable as compared to our evolution.

If you compare the facilities you have provided for your children to the ones you had when you were growing up, they are far better now. These days there are cameras in the schools and in their buses. At every moment you are concerned about their security. Humans are obsessed about providing a secure environment.

Your fear is used by phone apps by sending you a ping at regular intervals and telling you that something important has happened. Please check if someone has tagged you, poked you or commented on you. Because of your insecurity you go ahead and spend a good amount of time on your phone which results in draining of energy.

Remember this line: **The World Makes Money by Fear or Guilt.**

The more of these two components you add to your business the more money and popularity your business will have. You cannot sell a product without these two components. Every industry works on this and the moment you realise this, you stop being a part of the game. So once you leave your distractions, you can remain focused on important tasks for the day. You can now connect to your core internal power and the moment you connect to your inner world something like magic kicks in. Now you have this feeling of happiness about everything in life which exists as now you are living in the present. This feeling is the next step once you have removed the unnecessary information from your life.

I realised the happiness of living without much information while working on a ship. Moreover, it was an eighty-six days trip in the Indian Ocean where the only way to communicate with the outside world was by satellite phone. This was accessible for only two to three minutes in a day so I used to write letters home. During this time I realised that I hardly had any thoughts or dreams. I started looking at the sea for hours. Sitting alone at night for inspiration I started remembering things from the past which were hidden deeply

in the brain. This was not only surprising for me but also a new experience.

This was the time when I realised that if any information is important enough, I will come to know about it and I don't need to check my phone, mail or news every fifteen minutes. This realisation made a huge impact on me as it made me more secure and confident from within. There was a sense of relief from inside to live a life where importance was given to my soul rather than other people's lives on Facebook or irrelevant news where people were trying to push their agenda to brainwash society. I did take the important decision to get off any app which sends me notifications to check my phone every hour or distracts me from enjoying my present life. Till date I don't have any popular apps on my phone as I don't want to be notified about anything.

People are so busy with their phones that they have forgotten to love their children and feel the joy of being with their loved ones. If you are so distracted in life then you can't focus on love, work or give your 100% to what you are doing. Then you are only living a half-life as in the other half you are already virtual.

To test it ask yourself this - When you are clicking a photograph if the thought is already running in your head of posting it on social media, then you clicked that photograph for social media and not for yourself. And the reason you are doing so is because you need approval in the form of likes and comments. Your inner core does not have the contentment of being satisfied with who you really are. You require someone else to satisfy this need of appreciation. It is the

distraction and information which does not let us connect to people deeply. Then how is it possible that this virtual world will let you connect to your inner core.

Chapter - 6

ENERGY FROM THE UNIVERSE

Once you have learnt to live with a minimum amount of information in your life and started focusing on yourself more than on the outside world, it will be easy for you to get connected to nature and receive energy from the five elements of life.

What are these five elements and what role do these elements play in our lives?

Everything in our life is a by-product of energy. Look around you and analyse your life. Whatever you have acquired in life till now and wherever you have reached till now is only due to the energy you have gathered from the universe. If you are suffering from health issues, a bad married life or money related troubles, these are the forms of energy you have attracted in life. There is nothing in this world which works beyond the principle of energy.

At this point in the book, I am asking you to trust me as I have followed every single ritual written in the book. I am telling you this from practical experience that once you start attracting the right energy in your life, life will move like a magic. You will have experiences which are not explainable

to anyone and only you can see the magic happening. This includes seeing events beforehand in dreams and a feeling of dejavu throughout your life.

You will have thoughts about something in the morning like a song, a person, a requirement of something and by evening the same opportunities will be presented to you on a platter. You will be the right person at the right time due to energy synchronisation in your life. This will go to a level when you will feel that you have a direct connection with God. You will also have the feeling of holding a power when things just happen in business and personal life just by thinking about them. You are presented with opportunities by people which you never expected. These things will happen quite often.

The only precaution is to keep your goal higher as sometimes you yourself don't believe that you deserve more than what you are getting. Remember that the universe has an abundance of energy. When it starts delivering the burst of energy, you will not be able to imagine what the universe can provide you.

Imagine you wake up every morning and you have no idea as to what gifts you will receive today from nature and who will walk into your office with which particular opportunity. All this is happening as you have created an energy around you which has attracted various unseen forces towards you.

A lot of people do various types of penance to achieve things. What they have not been told is that the secret lies within you and once you activate it, you don't need to go to

the jungle and do penance for smaller things in life. Once you understand the principle of energy in life and how you can move up by balancing the energy, nothing is going to stop you from becoming great and achieving the things you want in life..

The law of manifestation only works for a few people and not for everyone. The reason is that some people have a good amount of energy and it is easy for them to attract whatever they want. But for some people this doesn't work at all. Otherwise all of us will start getting what we are wishing for and the world will only consist of rich people.

It is the law of energy that energy flows on a path of least resistance and when there is resistance of various kinds or any kind of trouble in the circuit, the energy prefers to travel elsewhere. The same thing happens in the universe. The universe wants to deliver the energy to you. It wants to talk to you and explain the secrets by giving you enough signals to make you understand that every single moment the universe is with you. But it is also looking for the path of least resistance. The universe is also looking for your attention and silence so it can talk to you. But until and unless you learn to isolate yourself and go to your inner core the universe will give you sparks but you will not be able to identify this power.

Ritual of Open Sky

Let us now introduce you to the magic of the universe by rituals, which I have not only personally tried but introduced to several clients to get connected to these sources.

One of the ways to start sending your vibrations to the universe and receive healing from the universe is by sending messages when the sky is open. What I mean by an open sky is that there is a particular time period when energy from the sky is at its maximum. Scientists also confirm that during a particular time period there is a maximum amount of energy variation in the sky.

The beauty of this ritual is that you can do it anywhere in the world and you will feel the effect. Every morning when the Sun is about to come up and you can still see stars in the sky and every evening when the two times are meeting again is known as the Zero time period of the day. Choose one of the time periods and, if possible, do this exercise twice a day. Go to the terrace or balcony or a place where you can see the sky and now start sending out all your plans into the sky by mentally giving them out to the sky.

Now what happens during this time period is that the sky is in a reset mode and this is the time period when both energy sources are visible in the sky. So what happens during this time period is that you start receiving energy from space. This is the energy of calmness. If you notice the sea during early morning or around evening you will realise that time has come to a standstill and achieved a Zero state. This is the time period when the sky is downpouring energy on earth and if at this point of time you are standing on the roof looking at the sky with a dream in your head, this energy is going to help you to achieve it by helping you in unexpected ways.

Let me give you a real life example. A lady approached me for consultation and her email, I felt, was different from

other emails. In her email she mentioned that within two years of her marriage her husband had passed away a in road accident. At present she was facing a survival crisis. She was living in her parents' home with a small child and no certainty about her future. In order to help her I took her birth chart for reading and realised that if she could manage the Ether element in her chart, she would be able to do quite well in life. So I asked her to do this ritual for a month without fail and give me her feedback on what had changed.

She came back in fifteen days with some news. As her husband had died in a road accident, one of the friends had filed for the insurance claim after his death. She received an Insurance cheque which she was not even aware of and the amount was quite large. I asked her to continue with the ritual and keep giving me the updates. In three months time this lady's life changed. She had done a beautician's course from a reputed school before her marriage. She applied for a franchise from the same school which she got. She was now running the beauty parlour along with a boutique. This was the time she offered to pay me for this wonderful ritual.

Can you see what has happened here? How one simple ritual had changed her life. This was not a unique case and I was not even excited or surprised to see this kind of result. I have seen this happening so many times that magic has become normal for me. That is why I am telling you that the universe does magic every day but we are too busy in our mundane lives to notice it. All I am asking you is to feel it by doing it yourself. Until and unless you experience the energy of the universe yourself, you will not know what you are missing in life.

Sometimes you need a new start in life as you want to get out of the daily mundane, where you have always been stuck. To get out of the endless loop you need a zero state. Every morning and evening the universe resets itself by bringing two different energies at the same time in the sky. If you receive this energy, you will also experience the state of reset in your life.

This ritual also helps to tackle negative emotions which are deeply embedded in us, by providing us energy to achieve a zero state of emotion. Soon you will realise that your outlook towards life is changing as now, when you are receiving the new energy, the clutter inside you is getting clean. You will feel more relaxed and full of new thoughts everyday. You start getting motivation to move ahead in life and do new things. Whatever grudge or pre-conditioning of your brain which was holding you back, is now removed and you can think with an open mind.

As humans, we are more biased towards the negative information rather than positive things in life. It is with this negative conditioning that humans are brought up. You brain is programmed in a manner which gives attention to negative information rather than to positive. What the negative bias does to the brain is that it makes you weak psychologically. This is because you are already programmed that something will go wrong in life and sooner or later it manifests easily.

You can receive a thousand positive comments and you will be happy but your brain is a master in ignoring all the good and focuses on the one negative comment you may get in a party and you will not be able to forget it. As Osho ji said,

even after drinking nectar a thousand times you only require one drop of poison to kill anyone.

Pandora of Emotions

Water being the major part of the human body, any ritual of water that you do will affect you the most. In Hinduism there is a saying that life begins with water and ends with water. When Hindus die, their ashes are thrown into a river so that they can continue their journey into the next life easily and attain moksha.

Water has a property to store information and it does this in the form of feelings. You see people who don't sweat even by working hard. These people get problems not only at the physical level but at the emotional level as well. That is why it is necessary to sweat by doing exercise for a healthy brain and soul.

If there are a maximum number of rituals for any element then it is for water only as it helps to cleanse at different levels. This takes time and the more you cleanse your water body, you will see the shine in your face coming. You will feel lighter every moment and your energy level will shoot up. Tears, urine, sweat, blood flow, brain liquid and every portion of your body has water and controls the important functions. We need to continuously work on how we are going to energise the water element in the body.

Have you ever wondered why we take a shower? What water does is that it gives you a feeling of being fresh and energetic by providing you energy. Water has to provide us

energy to refresh us but are we really getting energised water. In early days people used to get their water from natural sources. This was water which was stored in the form of ice from several hundred years so the moment you drank it or took a shower in it you felt refreshed. But nowadays when water has been recycled from sewage very little natural energy is left in water.

So we will start by charging our water every time we are going to use it. The result of this ritual you can see very clearly in your happiness and calmness. You will start realising that if you were suffering from any diseases which you thought were impossible to cure such as psoriasis, diabetes or even cancer are better within a week and your medicine has become more effective than before.

Let me share an email with you from a person who was suffering from a skin allergy in the private parts and the groin area. Even after regular treatment this was spreading and was becoming a source of embarrassment for the person.. I could see in the birth chart that his water element was imbalanced and creating issues on the mental plain. I asked him if he was irritated about certain things in his life or if there was any lingering issue which he was unable to solve such as some emotional turmoil he was going through. This gentleman had recently changed his job but he was still holding a grudge against his old company. This grudge was coming out in the form of this skin infection.

Diseases always start at a mental level first whether it is thyroid, cancer or diabetes. We only get to know when it starts harming the physical body. When you deprive your emo-

tional body of soul food these problems will appear in your body. The next time you have any of the negative feelings, ask yourself the question as to how you can correct it. Your brain can bring heaven on earth if you ask yourself questions such as: Why do I have anger towards anyone? Why am I not happy? What's bothering me? How can I live a happier life? Can I solve the core issue of my heart?

Trust me, you will get answers when you seek them rather than draining your energy with negativity and inviting diseases in your life. The universe answers questions when you seek them. Start by cultivating new routines which are cleansing you every day and taking away negative emotions so that you can live in peace.

Here is a feedback email in one week -

'Dear Deepanshuji,
Some kind of miracle has happened ,90% of my skin has cleared.,

You are a precious gift for us Sir. I pray to God to keep you and your family, especially your children, safe and happy forever…'

All this happened as he trusted my wisdom and balanced the element by performing the ritual. You too can experience the same by connecting yourself to the energy of water.

Activating Chakras by Water - There are seven energy points in our body known as chakras. These are basically power centres to provide us energy throughout the day.

These chakras hold an enormous amount of power and are able to receive and send energy to the universe. However, most people have these chakras working at a minimum level as very few people work to activate these chakras and use the energy of the universe. These are the seven energy reactors in your body and you need to activate them by various means. One of the simple methods is by taking a cold-water shower.

It is really uncomfortable for people who are used to taking a hot shower But what happens when you take a cold-water shower is that you get really uncomfortable as there is a temperature difference between your body and the water. As a result, now your body is suddenly activated to counter this cold by various means internally. In this process suddenly all of your inner body, which is called 'Sookshma Sarir'or the micro body, wakes up all the chakras to provide you energy. Now the whole day your energy levels will be on a different level. This also activates your brain, increases the immunity level and you will see the difference from day one as everyday your energy will be increasing.

There is a city in Japan called Yakutsk where the temperature goes as low as 50° Celsius. In this city a fifty-year-old person Nikolai takes a shower in the frozen lake. I came across his video on YouTube where he is explaining that since the last thirty years he has done this everyday. In these thirty years he has never fallen sick or visited doctors. Now his internal immunity is activated every morning, killing all the cancer cells or any other kind of diseases which might be developing inside him.

Visible health benefits are one part, but this ritual of taking a cold water shower is to activate your energy points in your body so that your awareness around you will increase. You can take a hot water shower only when you are trying to sleep and that too just before sleeping but not in the morning.

Moving on - A Ritual of Goodbye

The most painful goodbyes are the ones which are never said. Water holds emotions and it is emotional pain which damages us the most. Sometimes we need to say a final goodbye to our job, office, city, person, etc. It can be anything in your life which you want to liberate so that everyone can carry on their journey.

The ritual is simple but effective as several people who have tried this have experiences which they would never believe. There was a court case among the brothers over a division of business and no conclusion was coming for the last several years. When one of the brothers performed this remedy not only was the division finalised in a week with mutual agreement but also relations came back to normal. This ritual can give extraordinary results.

You go to a waterbody with some fruits, dry fruits, a mirror and some copper coins on a special day like your birthday, anniversary, a dark night,a full moon night, etc. When the cosmos has energy, water is more responsive on those days. This can be seen in the tides of the sea as well.

Now do your prayers mentally like I did once as I was tired

of spending two hundred days in a year on a ship. I took a bag of dry fruits and said a prayer saying that I am done with the sea and I do not wish to come back here so here is my final offering to you. Now please do not call me back. I felt there was an energy which was calling me back again and again to the sea but, surprisingly, that was my last trip offshore. I tried visiting the open sea twice after that. But something supernatural happened every time and the ship was not able to leave the port with me. I realised that now my karma with the sea was over.

We all have a karma with everyone around us. There may be a reason why the sea was calling me. The fish in the sea may have had a karma with me as I used to feed them regularly. Everyone in our life stays with us until their karma is over with us. Once we nullify that debt of the past life, people go away from our life.

This ritual is like asking for a rebate from the universe. Imagine you borrowed 100£ from someone and you have already paid 80 but now for the rest you pray that you have to only give 10 more and be allowed to carry on your journey. Nature is kind enough to let that happen.

There maybe your ex-spouse who is still holding you back and you may not be able to move on with your life. The best way to deal with this is to go to a water body on your anniversary and ask for letting it go. Say that this is all I have now for you, let me carry on my journey, I am tired of this. When you pray from a true heart then magic happens in the universe. You will suddenly see the ball rolling in your favour. I have seen magic emails coming back with miracles

happening each time any of my clients has done these remedies.

Switching King Mentality - I will ask you to do a ritual which will make you not only shine like a bright star but will also help you to complete the journey of your soul. Usually, people use this term 'soul desire' but in actual terms very few of them know what is the true desire of the soul as the soul does not have the ability to express. The soul always requires atman to express desires.

One of the simple rituals is to look at the rising Sun as it comes up in the orange colour. You will realise within a few days, you are getting opportunities to do work which you have only dreamt of till now. When you wake up early and watch the rising Sun, something changes in your brain as the energy levels of the brain and the body are on different levels. At any point of time you radiate energy and depending on your aura it is either positive or negative energy. Based on this energy people treat you accordingly.

Sometimes this energy is so disturbed that it makes you wonder why after all the hard work you are not getting any success. The reason is you are radiating extremely negative energy which you have accumulated. We can turn this into positive energy by accumulating positive energy by doing rituals. Start by looking at the rising Sun but the condition is that do not ask for any wishes as the Sun being significator of the soul knows better than you. All you have to do is look at the rising Sun and let the universe do the magic for you.

I see people who are lost in their lives, They have no clue as

to who they truly are and instead of thinking of what they can do for the world these people are thinking of what they can take from the world. I realise that these people require the energy of the soul. As your soul has taken birth to become one of the greatest in the world do not worry about matters which are artificially created for you.

The moment you decide to be in a mode of what can I give to others at that very moment you have switched to the mentality of a king. There are very few people in this world who live with this mentality. There are very few people in the world who can say these golden words with true intention behind them 'How can I help you?' These are very powerful words but some people use them as part of their jobs everyday. Less than 1% use them for truly helping people in need.

The universe has everything in abundance whether it be money, health, wisdom, houses, etc. You name anything and nature has it but why do only a few become rich, famous and blessed with so many superpowers. The answers lies in intention. Nature wants to give you all of these and it searches for people through whom nature can deliver its work. Like if nature wants to feed a hundred families who have lost everything in calamities, it sends signals to many people that day to help by donations. Only a very few pick up the signal and donate for the cause.

Now the universe has marked you as a person who is a giver and as you had low resistance towards this intuition of donating, nature has marked you as a good conductor to get work done through you only. YOU BECOME THE CHOSEN ONE.

Nature will bless you with more money and opportunities with which you can travel and help many people in the world. You are only the medium to deliver the messages of the universe to different people. Imagine the frustration of the universe that to deliver so much of abundance, it is difficult to find people and has to limit itself to 2% only. Most humans are not ready to become a medium and want to be on the takers end rather than the givers end.

Let me tell you how nature gives you resources when you use these golden words with pure intentions.

The universe has a rhythm and if you can get synchronised to the same rhythm as the universe, you will feel that life is easy and everything you desire gets manifested easily. The reason is that you are in the flow with the energy of the universe. But what is the rhythm of the universe? Ask yourself if you own everything in this world, what will be your priority? If you can't think of it then think on a smaller basis. Is it the priority of the head of the state or head of the city or what might be your priority if you are the boss in your office?

You know that the topmost priority for any head is that every single person in his team should be able to do his/her job with perfection and without complaint. Secondly he should be cooperative with other team members so that they can deliver projects on time. But imagine if as a head, all you get to hear are complaints, conspiracies and the nagging attitude of people to somehow evade the job.

The rhythm of the universe is almost the same and it searches for humans who can be grateful in life for the task

assigned to them and can cooperate with other living beings to create a harmonious environment. Let me explain it to you so that you start realising this and you become more aware of your surroundings. At every point of time, you radiate an energy and this energy is the energy of your thoughts. You can try this as an experiment that everyday you start your work by appreciating every single thing you are going to use. You will suddenly see that either some equipment will go bad in a few days or you will start getting opportunities which you never thought would come.

Why will any equipment go bad when you were appreciating it? What happens is that when you start appreciating something there is a particular amount of negative energy inside you which you have stored by criticizing many people and things and when this energy goes out, it is absorbed by the most vulnerable equipment and it goes bad.

The Facebook group of Lunar Astro is filled with these miracles where people have experienced things which were unimaginable. To get aligned with the universe you need to start by following practices. As you keep doing this, you will realise the energy circle is increasing and you will have a far better understanding of energy.

Animal Instinct - Energy to Move in Life.

You are in this world not as a single entity but as part of a large ecosystem. When you start thinking of everyone such as animals, ghosts, humans like in the Rigveda, when prayer is done it is asked that everyone should get peace, the ones who are visible and the ones who are not visible. It means

there are energies around us which are not visible to the naked eye but they do exist in this world only.

There are several cases of people experiencing someone protecting them or harming them but they are not visible. Similarly, if you want to see the true nature of any human observe how they treat animals around them. Doing anything for animals is selfless as they can never pay you back by any means. The way a human treats animals explain the true nature of a human being. Animals are more sensitive towards sensing energies as they are closer to nature.

Let me share a short story of a friend. A family was residing in a house in the outskirts of Punjab. A stray dog in a dirty, messy condition used to come to the gate of their house in hope of food. This family used to shoo the dog away as they were afraid of its appearance.
One night the grandmother had a dream of her late husband, but instead of a human head there was the head of a dog on her husband's body asking, '*Why are you people not letting me inside the house? I wasn't able to pay back the loan of Rs 50,000 which I took from a particular gentleman that is why I am in this condition. Please pay Rs 50,000 to that person.*' Grandmother explained the dream and called the person who grandfather had mentioned in her dream.This person was an old friend of grandfather's. He said that he had given a loan to him as a friend. There was no paperwork so once he passed away the friend thought he would let it go as his time was also near.

The family paid the loan on the same day to the gentleman and welcomed the dog inside the house. They made a very

comfortable bed for the dog. The same night grandmother again had a dream but this time grandfather had a human head saying thank you. The next morning the dog was no more. It had passed away while sleeping.

Animals come into your life for a reason. You will see that animals do not respond to everyone. They pick up vibrations and respond to the right one. The other day I was in a jungle for an evening walk and I saw this mountain dog, pitch black with fur, tall and scary as well. Out of fifteen people, this dog started playing with me by jumping around like he wanted to express his happiness. This was a dog who everyone else was calling but he sensed a feeling of joy which I was experiencing, as I was in gratitude towards the universe.

All the Hindu gods and goddesses in any picture are always with animals. It is always mentioned that God has the ability to travel anywhere anytime defeating the concept of space and time. So why does God require an animal to travel on. As vehicles help us to travel with ease from point A to B only when we have learned how to drive the car or bike and have control over its energy, similarly every Devta and Devi comes with a vehicle.

Animals come into our life to help us move from point A to B. All the gods are capable of moving freely anywhere but they still have a Vahan which helps them find their way and acts as a GPS such as a rat for Ganeshji. A rat represents problems and Lord Ganesh has mastered the art of managing problems. An owl is the Vahan for Maa Laxmi, the goddess of wealth, to travel to a person without ego and anger. She uses the owl as it travels at night. Dogs are used by Bhairav,

the fierce god of death. So when any animals come to your door it is to guide you so that you can complete your journey.

The entry of these animals in your life shows that now you are ready for a change. So don't be afraid of them as no animal is unlucky. It is just that at a particular point of time you require the energy of that particular animal only, just as you choose your car, bike or scooter according to the path and destination.

When you provide food, shelter or water to any animal, nature thanks you several hundred times for being the person who has taken care of another living creature. In return, animals absorb a great amount of negative energy from you to heal you. Animals have a special feature that they can absorb negative energy and dissipate it easily as these animals have control over this energy. Let us see what energy different animals carry as some of them are domestic animals and some are wild. In the case of wild animals, you can get energy from them by watching a documentary on them or by placing a photograph or symbol of these animals near your desk.

Dogs absorb anxiety and fear from you and also take care of any litigation issues in your life. If you are unbale to get a dog then watch any documentary on them. In just two or three hours some positive news will arrive, as now you have started to discharge your energy towards the animal who can handle it.

Cats absorb any emotional disturbance and take away any

aggression building inside you. Cats avoid fighting unless it is absolutely necessary to fight, as by getting into fights your main objective gets delayed as well. To find loopholes in any system when you are stuck in life, it is only cats who can help you.

The Cow is considered a sacred animal as it absorbs maximum amount of negative energy from humans and helps them to be in a harmonious relationship with everyone. In earlier days of human evolution dairy animals were the security against droughts and floods. The cow brings resources and abundance in life.

Goats make you fearless and bless you with determination in life when you are at an important junction in your life. When you feel there are a lot of obstacles and hurdles coming in your life then also the energy of a goat is very useful.

Crocodiles make you patient and wait for the right opportunity and work. They make you work with patience to complete the task even when you see no positive sign of improvement in your life and limited resources. It is the energy of a crocodile which helps you grab the right opportunity. Usually, people fail in life because they are unable to identify the right opportunity.

Lions makes you a good planner who makes the best use of resources and makes sure you dominate the field you are in, by slowly and steadily leaving your marks around in the jungle. When any alpha has to mark a territory, it starts with marking the jungle by dropping urine at different places to make sure everyone knows 'Who is the King' there. Even

when a lion sleep there is a snoring sound loud enough to mark the area. Sometimes when you are on top, some people will have the misconception that you achieved it by fluke or luck. But you should always remind other animals that the lion becomes 'King of the Jungle' by his power only, not by the 'Mercy of Hyenas.' Your competitors should never forget this.

Bulls show determination and resourcefulness. As a bull is a sign of raw power and masculinity it is used in agricultural fields for ploughing. When you feel that you are all alone and need more support and power then feeding a bull regularly will help.

Fishes gives you the energy of completing the task and happy endings, when you want to get rid of any particular person, job or city without confrontation.

We as humans have the animal instinct which guides us as to how to approach our life in short term goals. It is always the energy of animals which helps us quickly get out of any problems in life.

Invisible Beings and Learning

When you have learnt something which has never been done before in this world, when you have read things which have not been written, you need to connect yourself to the energy source of the universe by connecting yourself to someone who has that knowledge but is not in this world.

We pray to different Gods and Goddesses for power as these

Gods and Goddesses have mastered that energy in their lives and achieved the status of God. The energy of these deities will help us to get the right resources, motivation and guidance to complete our projects. If you are working in the sea, you should respect the god of water Varuna and ask him for help. But even if you don't know about Varuna, you can always pray to water and your ship.

Whichever field you are working in, maybe arts or engineering or computers, to become a legend in that particular area you will require inspiration to move forward. If you are in arts and are not getting enough ideas, you should pray for the energies around you or visit the art gallery of your favourite painter. That art gallery will have energy of that painter to give you the right direction.

One day I was reading one book named Lal Kitab written by Late Pandit Roop Chand Joshiji. It is considered one of the best manuscripts to learn the secrets of astrology from. Whenever anyone asks Panditji who has written this book, his reply is always 'Someone came to write this.' Every night in his dreams someone used to explain the rules to him and next morning he would write in the book what had been explained to him.

One day he was writing some portion of the book when suddenly his son came running to him, telling him to change a particular line in the book. Then he wrote in Lal-Kitab that '***now spirits are talking to my kids as well***.' This book is very powerful as it carries energy which only a few can handle, as this book is written by spirits.

As I was reading this book and started saying this is a book of your past karma and what has been written in this book has a very different meaning. Rather than taking it in a literal sense, I faced a huge opposition and was ridiculed by many. But I was sure about what I was experiencing.

For instance, one of the lines in this book says 'Flowers of the Dead'. Astrologers understood this as a person will not have any future like dead flowers. But when the energy of this book got channelised, I realised what is meant by flowers of the dead. It meant that the person had forgotten to pay his respect to dead people. That is why problems in his life will come. There are many more terms like this which give deep insights into this book. But a time came when I felt frustrated and closed this book with disappointment and said until and unless you want me to learn this I am not going to open it again.

As I said this, by evening I saw about ten emails from a student from Canada asking for my phone number to talk to me. I politely refused as most of the emails have an agenda to get a consultation somehow. Due to shortage of time, I have refused these requests but this student was adamant and sent me an email. This is about the Lal Kitab dream which I need to tell you about.

This was interesting for me and I wanted to hear more about the dream so I connected on call. This person is Mr Rajiv who is settled in Canada and runs a software company. He started explaining how he knew the family of Pandit Roop Chand Joshiji and the history of Lal Kitab. Then he said something very shocking. He said that in his dreams he saw

Late Pandit Roop Chandji asking him to handover certain things.

He had hand written Red Book as well as the domain of Lal-kitab.com which is a premium domain. The history of this domain was not pleasant as there had been court cases, fights over the domain ownership. But Rajivji had not sold or given this to anyone as it was the order of Panditji. But this time he was offering it to me as he received orders in his dream. At that point of time, I was running the website of Lunar Astro on a simple platform and didn't have much knowledge about domain transfers.

Then I realised what kind of power I am dealing with. In just a few hours the energy of this book has given results. This is how magical this universe is. Similarly, when you read any book the energy of the writer is felt through the book. If by reading this book you don't feel like dancing or get goose bumps then you are not getting my energy.

When you practice any art or skill in life, you should pray for the person who has designed that skill and try to get connected to that person with a pure desire of learning. The universe will not only guide you but will also provide you means in such unexpected ways that you will be surprised how easy it is to learn something.

All learning and knowledge is in space. The universe is searching for people in every area, every domain for a master who can absorb that energy and lift everyone else up. When you do the work of nature, nature helps you but you need to learn to download it. You need to be in the frequency

of Da Vinci to learn the style of Da Vinci's painting.

If you want to be the best healer or surgeon in this world, medical school can teach you procedures and knowledge but what no one can teach is the ability to heal people. There are doctors who carry magic in their hands. Sometimes you realise that after you visit a doctor, before you even take the medicine healing starts. The energy of the doctor is important. If the doctor is working only for money, he may be able to give you medicine but will not be able to heal you.

When you start crying for knowledge, when you want to be an absolute legend in your field you need to have that magic in your art.

City - Area - House

You cannot control where you are born but you can always choose a city, area or house to live in. Every city has a particular history and certain energy levels. Based on this, your life will move up or down. When you were in school your teachers used to say, 'Show me your friends and I will tell you your future.'

Similarly, when you move to a new city find out what this city is famous for and whether the energy of this city will suit you. When the great epic war Mahabharata had to take place a person was sent in search of a land where the energy was so negative that even relatives start hating each other. The war was between brothers only and the place was Kurukshetra where this epic battle took place.

The energy of this place was so negative that when a devotee named Sravan Kumar was carrying his parents on his shoulders so that they could visit the Char Dhams, 'Four Pilgrimages' the moment they reached Kurukshetra, he asked his parents for money. Realising that something had affected their son as he had never behaved in such a manner, the father asked him the name of the city. When he told them it was Kurukshetra, the parents said they would give him the money after crossing the city. The parents knew that it was the effect of the energy of the city and after they crossed it, their son would be out of its spell. In the same region, later on, some other battles have also been fought like the Battle of Panipat.

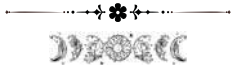
So before moving to a city always look for what is the history of the city and then see if the energy suits you. For some people this energy will be useful in their journey but might not be useful for your progress. An industrial city is very mechanical and not good for education or creative purposes. But it may be good for staying focused in life as you will see that the energy of the city will be competitive. The energy of a city will attract the same people and you will not like to live in an environment where people are not like minded. Secondly, do a quick check of the area where you want to live.,Take a good look around the houses and the kind of life people who are living there. Look at the cars in the driveway, how many happy couples did you see at any community gathering. See the overall landscape, the kind of products the local market is selling, whether it is upscale or just has the necessities. Some areas are deprived of energy, money, health and relationships. You will see that the moment you move to a neighbourhood where most people have bad mar-

ried lives, you will experience the same.

It is very important to choose your flat or house in a society where happy people are living. There are some places where you feel angry and not good the moment you enter whereas some places give you the feeling of belonging. This is only due to energy. The same energy will help you grow in life when you come back after a tiring day from office. There should be a feeling of happiness to go home. Every time you see your house you should feel, 'I am home'. That is why take your time to find your dream house. The best way to ask for a dream house is to place a picture of your dream house as the wallpaper or painting. Then ask nature to let you drive to that dream house.

Chapter - 7

SMALL CHANGES
-
BIG IMPACTS
-
PLAN FOR YOU



We must realise our shortcomings related to dependency and how we have to get back to life on our own and not wait for anyone in life. You cannot just get out of bed and say, I am going to be stronger and not be dependant on anyone else.

If you are not going to follow a step by step process, most likely you are going to fail in a few days or a week at the most. This is because there is no goal you have set for yourself and you have no idea what to do next. We will start this by making small changes in our daily routine. These small changes are going to ensure you improve consistently and get more power and wisdom every day.

Small changes in the daily routine ensure that you experience a burst of energy. When we start making positive changes in life, a chemical reaction of happiness occurs in the brain which generates happiness, confidence and a

feeling of self-contentment. This happiness motivates us further to make more self-corrections in life.

We will go into the details of several changes you can bring into your life. But before we start we need to do one simple exercise as part of the morning routine. Every morning there is a time when you wake up. You can plan your day and your future. This is the time you should talk to yourself. You should start by simple exercises to take care of your health, adding one good habit a week such as waking up early, evening walk, changing food habits, etc. Small changes have a greater impact.

Working for greatness

All the happiness and misery you are in right now was once a small thought in your brain. So programme your brain for greatness. You can work for greatness by changing your motivation for work. As what is your motivation to do any work in life decides your happiness in that work. If you work for your passion that is the best as you become the creator in that profession. There are very few people who enjoy their work and are creative.

If you are not creative in your life, you will be tense and heavy in the head all the time as you are not enjoying what you are doing. Now you will need to discharge this energy via sex, alcohol and various other means. People who are extremely creative in their work usually have sexual desires which are not like animals. For them, that too becomes an art as creative people want to enjoy every moment of what they do.

When you write a poem that is creative and creativity cannot be utilised. Anything which can be utilised or written to impress others for getting praise is not creative. If I decode a dictum from a classical astrological book it is because I love doing this. What I will get from it or what is the value of that decoding of one line is nothing. No one knows the happiness or sadness of creativity.

When you work for your soul, your creativity comes out and when you work for creativity suddenly you are on a legendary level of work. Now whatever you are performing or doing whether it is cooking food or cleaning the office, teaching or coding software, you are doing it as an artist of soul.

Earlier you were working from fear rather than for your excellence. Fear is what can kill all your dreams. That is why you should continuously work against that fear.

Deprivation of Food

What will happen if you don't eat for two days? Most likely you will be grumpy or start running in search of food. As time passes you will get more desperate for food. But what if I told you that it is not only your human body but also your soul which requires food. If you don't provide food for the soul you will start getting diseases and other problems.

Disease always starts at a mental level first whether it is thyroid, cancer or diabetes. We only notices it when it starts harming the physical body. When you deprive yourself of soul food these problems will appear in your body.

When you learn something new, your brain will generate happiness. People who don't learn new things get old and depressed over a period of time, as your brain requires that happiness constantly.

Your everyday routine will decide your long-term achievements. Every single day when you work towards the impossible goal that drives you don't deprive yourself of soul food. Ask yourself questions. Next time you have any of the negative feelings ask yourself how you can correct it. Your brain can bring heaven on earth if you ask yourself questions such as:
Why I have hatred issues? Why am I not happy? What's bothering me? How can I live a happier life? Can I solve the core issues of my heart?

Trust me you will get answers when you seek them rather than draining your energy in negativity and inviting diseases in your life. The universe answers questions when you are seeking them. Start by cultivating new routines which are cleansing you every day such as, mantra jaap, going to the temple every day, doing havan once a week or every fifteen days. These rituals will keep your unnecessary desires in control and keep giving you inspiration for doing the greater good. We see the world through our eyes but understand it from our heart. It takes the heart of a lover, a child or a devotee to see the magical universe.

Once Buddha was doing meditation in the jungle on a full moon night and in the same jungle there were a bunch of drunkards who were in search of this beautiful woman over there. They asked Buddha, ‘Have you seen any beautiful

woman passing by?' Buddha said 'I don't know whether the person who passed by was a male or a female as sometimes I am male or female depending on my understanding of myself.

These men were really confused with Buddha's answer and said she was a very beautiful woman. Buddha again replied that, what is meant by beautiful depends on what you want to see. This is absolutely correct that what seems beautiful for one person might be ugly for someone else. It is your own understanding of beauty which lies within you and based on this we make choices in our life.

We only see things which we want to see in this world. If you want to see only negative you will find this world full of negativity, pain and bad things only. But the moment you want to see magic in the universe, it will appear at every moment in your life. Never allow your heart to be filled with hatred, jealousy, complaints, etc. Replace them with compassion, vision and gratitude.

Chapter - 8

ADDRESSING THE ISSUE

The first and foremost step in the process of healing is that you become honest with yourself. This quality will not only help you heal but will also help you to become one of the best versions of yourself.

Take a piece of paper and write down the names of people you don't ever want to see in your life again. These can be from any part of your life such as your high school friend, your relative, your boss or your spouse. Now one by one think about what are the reasons you never want to see these people again in your life and why you still have anger towards them.

This is what you have stored in your body and now it is time to talk to each one of them mentally and thank them. It is because of them you were able to move ahead in life as this is the law of karma. These people had only karma for a few months or years in your life to wake you up, challenge your inner core and leave from your life. It was you who kept them stored in your body while growing up.

'As two logs of wood floating in the great ocean, come together and are again (when the time comes) separated,

even so, creatures come together and are again (when the time comes) separated.'

These people were supposed to be there only for some time period. Now you should continue your journey. But if this person is still in your life and it can be anyone then you need to prepare yourself and get ready for the extreme. What I meant by extreme is to get ready to take decisions as your life is about to change. You cannot continue your life worrying that something wrong can happen. If you are afraid about your job or worried that your spouse doesn't like you anymore or you have a problem with in-laws, all this is going to change.

You need to make a decision and it can be at either end, but you cannot be at the neutral end. Look at countries who fought world wars on their own. The country who won the war landed man on the Moon and the one who lost became a pioneer in technology. It is always winners and losers who count, not the people who sit at bay and watch the world burn. Similarly, it is always the mad people who get up and do great work, not the ones who keep going on with life bearing the pressure.

Let me introduce you to a character named Chan. In 2011, I was in the Middle East sea working as sub-engineer in a critical project. The office gave us a choice that either the supervisor or the sub-engineer could do a crew change but not both. This was important for the project as it was the end of the project and the new team would not be able to handle the change.

It was a matter of maximum ten days. My supervisor had to leave for Syria so I took over his position. The person who was coming to replace him was Chan. ROV (Remotely Operated Vehicles) industry is a very small industry and everyone knows everyone. Chan had a reputation of being abusive towards the team, throwing tools at team members, getting angry without any reason whatsoever. Chan was difficult to deal with and everyone in the team knew this. He was getting away with this as he was old in this industry and had many friends holding high positions in the office. Chan himself had started as saturation diver and then later moved on to ROV. He had almost 35 to 40 years of experience in the industry.

He was to arrive over the weekend. I was sitting with Jugaad Baba who was the Chief Engineer of the ship. A man who was always smiling and full of wisdom. All day he sat on a chair and read books..You could approach him with any problem and even when he was half-drunk, he had a solution for everything. He had spent half of his life on vessels. Jugaad Baba told me one beautiful line filled with wisdom, 'He is only angry to a point until you accept it.'

I nodded my head and said I would try. At night the crew change was happening and I was sleeping in my bunk bed after my shift. As a rule if your crew change happens at night you should not disturb the crew sleeping and try to make minimum noise. I could hear Chen's big steps walking in the room and complaining about the towel not being provided and about so many other things. He was shouting at the housekeeping staff standing in the room, even though he knew that I was trying to sleep. At this point I made up my

mind. I got off the bed and started shouting in a louder voice than him and telling him the rules about not entering the room when somone was sleeping.

It was a surprise for Chen as he had never seen that reaction before from anyone as no one dared to stand up to him. I told him some beautiful words in French and I was so loud that the captain, who was next door, also came to see the verbal argument. The Captain was not happy with Chen and his attitude and told him to just shut up and let everyone sleep.

I went to bed and next morning Chen apologised for his behaviour. During the whole trip he was okay with all the crew members. Now what do you think happened here. If I had not shouted at that point of time, during the whole trip I would have had to deal with Chen's bad behaviour. Sometimes in life it is better to fight with full force so you can live peacefully for the rest of your life.

People take you for granted till they can. They will treat you in the same way until you tell them to back off and tell them not to cross the line. If someone has wrong expectations that is their fault not yours. You need to be firm and tell people that every action has consequences and if you will not say this on the face then next time be ready for the same behaviour to be repeated.

If the partner is having an extra martial affair and you are still stuck in the marriage, for whatever reason, the only person at fault is you. You chose to stay in an abusive relationship and accept this for whatever reason you want to justify. I might sound rude at this point but once you accept

a particular behaviour the human tendency is to take it to the next level automatically.

You allow people to disrespect you as you have lost confidence within you. Otherwise, no one on this earth can disrespect you for any reason. You either enjoy the situation and give your 100% and be committed to the work assigned to you or leave and do what makes you happy.

In every group there are people who keep on complaining about so many things which are wrong like their job, their partner or something else. But these people will not do anything to change the situation. If you have one of these people living inside you, throw him out now as this is the person who is stopping you from becoming one of the happiest creatures on earth. Who is stopping you from changing this? It is worth trying everyday to strive for a better situation rather than accepting the conditions.

In case you have people around you who have excuses, complaints or keep on telling you how difficult their life is, these are people who steal your energy and need to get out from your life. If someone has a problem in life by all means be compassionate, help them but if someone is repetetive and keeps on whining over one thing or the other, then it is time for this person to be out of your life.

Once you start addressing the issues related to pain in your life, whether it is from the past or the present then you will see that your energy will suddenly increase. Your vision towards your goal will become clear, moreover you can experience new energy in your life.